# Treasured Recipes

from

Sonja Henie #490
Lansing, Michigan

# Expression of Appreciation

*Our organization wishes to express our sincere appreciation and thanks to all those individuals who donated recipes, helped with the compiling and the selling or in any other way contributed to the publication of this delightful cookbook.*

*Cookbook Committee*

*Delphine Forbord*

*Karen Mathiasen*

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## TABLE OF CONTENTS

Soups, Salads, Vegetables . . . . . 1

Main Dishes . . . . . 13

Breads, Rolls, Pastries . . . . . 23

Cakes, Cookies, Desserts . . . . . 31

Beverages, Microwave, Miscellaneous . . . . . 51

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# FAVORITE RECIPES

## FROM MY COOKBOOK

| Recipe Name | Page Number |
| --- | --- |
| | |
| | |
| |

# Soups, Salads, Vegetables

# FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

| FOOD | 25 SERVINGS | 50 SERVINGS | 100 SERVINGS |
|---|---|---|---|
| Rolls | 4 doz. | 8 doz. | 16 doz. |
| Bread | 50 slices or 3 1-lb. loaves | 100 slices or 6 1-lb. loaves | 200 slices or 12 1-lb. loaves |
| Butter | ½ pound | ¾ to 1 pound | 1½ pounds |
| Mayonnaise | 1 cup | 2 to 3 cups | 4 to 6 cups |
| Mixed Filling for Sandwiches (meat, eggs, fish) | 1½ quarts | 2½ to 3 quarts | 5 to 6 quarts |
| Mixed Filling (sweet-fruit) | 1 quart | 1¾ to 2 quarts | 2½ to 4 quarts |
| Jams & Preserves | 1½ lb. | 3 lb. | 6 lb. |
| Crackers | 1½ lb. | 3 lb. | 6 lb. |
| Cheese (2 oz. per serving) | 3 lb. | 6 lb. | 12 lb. |
| Soup | 1½ gal. | 3 gal. | 6 gal. |
| Salad Dressings | 1 pt. | 2½ pt. | ½ gal. |
| **Meat, Poultry or Fish:** | | | |
| Wieners (beef) | 6½ pounds | 13 pounds | 25 pounds |
| Hamburger | 9 pounds | 18 pounds | 35 pounds |
| Turkey or chicken | 13 pounds | 25 to 35 pounds | 50 to 75 pounds |
| Fish, large whole (round) | 13 pounds | 25 pounds | 50 pounds |
| Fish, fillets or steaks | 7½ pounds | 15 pounds | 30 pounds |
| **Salads, Casseroles, Vegetables:** | | | |
| Potato Salad | 4¼ quarts | 2¼ gallons | 4½ gallons |
| Scalloped Potatoes | 4½ quarts or 1 12x20" pan | 8½ quarts | 17 quarts |
| Mashed Potatoes | 9 lb. | 18-20 lb. | 25-35 lb. |
| Spaghetti | 1¼ gallons | 2½ gallons | 5 gallons |
| Baked Beans | ¾ gallon | 1¼ gallons | 2½ gallons |
| Jello Salad | ¾ gallon | 1¼ gallons | 2½ gallons |
| Canned Vegetables | 1 #10 can | 2½ #10 cans | 4 #10 cans |
| **Fresh Vegetables:** | | | |
| Lettuce (for salads) | 4 heads | 8 heads | 15 heads |
| Carrots (3 oz. or ½ c.) | 6¼ lb. | 12½ lb. | 25 lb. |
| Tomatoes | 3-5 lb. | 7-10 lb. | 14-20 lb. |
| **Desserts:** | | | |
| Watermelon | 37½ pounds | 75 pounds | 150 pounds |
| Fruit Cup (½ c. per serving) | 3 qt. | 6 qt. | 12 qt. |
| Cake | 1 10x12" sheet cake<br>1½ 10" layer cakes | 1 12x20" sheet cake<br>3 10" layer cakes | 2 12x20" sheet cakes<br>6 10" layer cakes |
| Whipping Cream | ¾ pint | 1½ to 2 pints | 3 pints |
| **Ice Cream:** | | | |
| Brick | 3¼ quarts | 6½ quarts | 12½ quarts |
| Bulk | 2¼ quarts | 4½ quarts or 1¼ gallons | 9 quarts or 2½ gallons |
| **Beverages:** | | | |
| Coffee | ½ pound and 1½ gal. water | 1 pound and 3 gal. water | 2 pounds and 6 gal. water |
| Tea | 1/12 pound and 1½ gal. water | 1/6 pound and 3 gal. water | ⅓ pound and 6 gal. water |
| Lemonade | 10 to 15 lemons, 1½ gal. water | 20 to 30 lemons, 3 gal. water | 40 to 60 lemons, 6 gal. water |

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# SOUPS, SALADS, VEGETABLES

## CABBAGE SALAD

**2 c. sugar**
**1 c. vinegar**

Boil for 3 minutes.

Add:

**1 Tbsp. salt**
**1 Tbsp. mustard seed**
**1 Tbsp. celery seed**

Cool well.

Chop up 1 large head cabbage, 1 green pepper, 1 carrot, and 3 small onions. Mix well with the preceding mixture. Will keep for 1 to 2 weeks.

*Claudia Holms*

## FREEZER COLE SLAW

**1 medium cabbage**
**1 tsp. salt**
**1 carrot, grated**
**1 green pepper, chopped**
**1 c. vinegar**
**¼ c. water**
**2 c. sugar**
**1 tsp. whole mustard seed**
**1 tsp. whole celery seed**

Shred cabbage. Mix with salt. Let stand for 1 hour. Add carrot and green pepper. Combine vinegar, water, sugar, and spices. Boil for 1 minute. Cool to lukewarm and pour over cole slaw. Pack in containers and freeze. Cole slaw will thaw in a short time when removed from freezer.

*Committee*

## REFRIGERATOR SLAW

**5 lb. cabbage, shredded**
**2 tsp. salt**

Sprinkle cabbage with salt. Cover and let stand for 2 hours. Squeeze out liquid with hands to remove salt and liquid.

Add:

**4 stalks celery, diced**
**3 chopped green peppers**
**1 jar chopped pimento**

Boil for 5 minutes:

**4 c. sugar**
**1 c. water**
**2 c. white vinegar**
**1 Tbsp. mustard seed**
**1 tsp. celery seed**

Pour hot liquid over vegetables. Let stand out overnight for 24 hours. Put in glass jar in refrigerator. Keeps for 3 months.

*Nancy Bernson*

## PRONTO GERMAN POTATO SALAD

**2 cans (15½ oz.) Read German potato salad**
**4 hard cooked eggs, sliced**
**Salt and pepper**
**½ lb. chopped, cooked bacon, drained**
**½ c. chopped onions**
**4 Tbsp. bacon drippings**
**½ c. sugar**
**¼ to ½ c. vinegar (to taste)**

Combine first 4 ingredients in casserole. Saute onions in bacon drippings until tender. Add to first mixture. To 4 tablespoons bacon drippings, add sugar and vinegar. Bring to boil. Add to casserole and mix carefully. Bake at 300° for 1 hour. Garnish with bacon slices, parsley or sliced eggs to serve.

*Committee*

## VEGETABLE MARINATE

Use any combination of vegetables: Zucchini, cauliflower, green peppers, broccoli, onions, thin carrot slices. Place cut and washed vegetables in salt water for ½ hour; drain.

Boil for 3 minutes:

**2 c. sugar**
**1 c. white vinegar**
**⅔ c. water**
**¼ tsp. celery seed**
**½ tsp. mustard seed**
**Dash of salt and pepper**

Pour hot liquid over vegetables. Refrigerate when cool.

*Nancy Bernson*

## CAULIFLOWER SALAD

**1 head cauliflower, broken into flowerets**
**1 pkg. frozen peas (uncooked)**
**1 (8 oz.) pkg. Cheddar cheese, shredded**
**2 c. mayonnaise**
**1 pkg. Goody Italian dressing**

Mix dressing and mayonnaise; pour over other ingredients and refrigerate a few hours.

*Elsie Larson*

## MARINATED BROCCOLI AND MUSHROOMS

**¾ lb. fresh mushrooms, sliced**
**1 bunch broccoli**
**3 bunches green onions (use few sliced tops)**

Dressing:

**1 c. oil**
**1 c. wine vinegar**
**½ c. sugar**
**1 tsp. salt**
**1 tsp. pepper**
**1 tsp. celery seed**

Combine and marinate overnight.

*Claudia Holms*

## HOT CHICKEN SALAD

**4 c. cooked chicken**
**2 c. chopped celery**
**1 can cream of chicken soup**
**⅔ c. mayonnaise**
**2 Tbsp. lemon juice**
**1 Tbsp. chopped onion**
**Salt**

Mix well all ingredients. Add 1 cup grated cheese and ⅔ cup slivered almonds. Top with 1½ cups crushed potato chips. Bake at 350° for 20 to 25 minutes.

*Rachel Olsen*

## CHICKEN SALAD

**4 c. cooked chicken**
**1 c. cooked broccoli**
**1 hard-boiled egg**
**½ c. shredded cheese**
**½ c. celery**
**¼ c. ripe olives**
**Green onions**

Dressing:

**½ c. mayonnaise**
**1 Tbsp. Dijon mustard**
**2 Tbsp. honey**
**Celery salt**
**Pepper**
**1 avocado**
**½ c. slivered almonds**

Combine and serve.

*Doris Olsen*

## BEAN SALAD

**1 can kidney beans**
**1 can green beans**
**1 can wax beans**
**1 can lima beans**
**1 can garbanzo beans**
**1 c. celery**
**½ c. green pepper**
**¼ c. pimento**

Drain all the beans; add other ingredients.

Dressing:

**¾ c. sugar**
**⅔ c. vinegar**
**⅓ c. oil**
**1 tsp. salt**
**1 tsp. garlic powder**
**¼ tsp. pepper**

Shake the preceding mixture well; add to bean mixture. Refrigerate for 24 hours.

*Committee*

## CRANBERRY SALAD

**2 c. whole cranberry sauce**
**1 c. crushed pineapple, drained**
**1 c. sour cream**
**¼ c. powdered sugar**
**Pecans**

Combine cranberries and pineapple. Mix sour cream with sugar; add to fruit and add nuts. Pour into mold and freeze.

*Committee*

## SEVEN LAYER SALAD

**½ medium head lettuce, shredded**
**½ c. coarsely chopped celery**
**½ c. coarsely chopped pepper**
**¾ c. coarsely chopped onion**
**½ pkg. (10 oz.) frozen green peas, cooked and drained**
**1 c. mayonnaise**
**1 Tbsp. sugar**
**1½ c. shredded mild Cheddar cheese**
**4 strips bacon, crisp cooked and chopped or ¼ c. bacon bits**

In large bowl or 9x13 inch pan, arrange lettuce, celery, pepper, onion, and peas in layers. Spread mayonnaise evenly over peas. Sprinkle with sugar, then with Cheddar cheese. Cover and refrigerate for at least 4 hours or overnight. Sprinkle with bacon just before serving.

*D.M. Forbord*

## FRESH CRANBERRY SALAD

**4 c. raw cranberries**
**2 c. raw apples**
**1 lb. marshmallows, cut up**
**1 c. sugar**
**½ c. chopped nuts**
**1 pt. cream, whipped**

Grind cranberries and apples. Add marshmallows and sugar. Stand overnight. Add nuts and whipped cream.

*Edna Mathiasen*

## MACARONI SALAD

**8 oz. uncooked small elbow macaroni**
**1 c. mayonnaise**
**2 Tbsp. vinegar**
**1 tsp. sugar**
**2 tsp. prepared mustard**
**¼ tsp. celery seed**
**⅛ tsp. pepper**
**1 c. diced Cheddar cheese (4 oz.)**
**1 c. cooked peas**
**½ c. celery, diced**
**¼ c. minced onion**
**¼ c. chopped sweet pickle**

Cook macaroni according to package directions; drain. Pour cold water over macaroni; let stand while preparing salad.

In a small bowl, combine mayonnaise, vinegar, sugar, mustard, celery seed, salt, and pepper. Drain cooked macaroni. In a large salad bowl, combine cooked macaroni, cheese, peas, celery, onion, and pickle. Pour mayonnaise mixture over macaroni mixture; toss to blend. Serve immediately or cover and refrigerate until ready to use. Makes 6 to 8 servings.

*D.M. Forbord*

## FRUIT SALAD

**1 (No. 2) can pineapple chunks**
**1 can mandarin oranges**
**1 can white grapes**
**4 bananas, sliced**

Drain fruit; save juices.

**1 c. juice**
**2 Tbsp. lemon juice**
**½ c. sugar**
**2 Tbsp. cornstarch**

Cook until clear and thick. Pour boiling hot over fruit. Be sure bananas are covered with dressing.

*Committee*

## SPINACH SALAD AND DRESSING

**1 pkg. spinach, cleaned, drained thoroughly and destemmed**
**1 c. bean sprouts**
**4 hard-boiled eggs**
**4 slices crisp and crumbled bacon**

Dressing:

**1 c. salad oil**
**¾ c. sugar**
**½ c. catsup**
**¼ c. vinegar**
**1 medium onion, chopped fine**
**Dash of salt**

Mix well; pour over preceding ingredients. Use one egg for garnish.

*Orie Ross*

## TACO SALAD

**1 lb. ground beef (round)**
**1 can pinto beans or Ranch Style beans, drained**
**Onion to taste**
**1 large tomato, diced**
**½ to ¾ c. shredded Cheddar cheese**
**½ pkg. crushed taco or tortilla chips**
**Lettuce, broken in pieces**
**Italian dressing to taste**

Brown ground beef with onion; drain. Add drained beans and tomato; cook until hot (don't mush). Add cheese, taco chips and lettuce, then mix with Italian dressing.

*Karen Grubka*

## FROZEN WALDORF

**2 eggs**
**½ c. sugar**
**½ c. pineapple juice**
**¼ c. lemon juice**
**Pinch of salt**

Cook the preceding ingredients until thick; cool.

Add:

**½ c. celery**
**½ c. pineapple**
**2 apples, diced**
**¾ c. walnuts**

Fold in ½ cup whipped cream. Freeze. Cut in squares to serve.

*Evelyn Olsen*

## CORNED BEEF SALAD

**1 (3 oz.) pkg. lemon jello**
**Pinch of salt**
**1⅓ c. hot water**
**¼ c. lemon juice**
**1 c. mayonnaise (not salad dressing)**
**1 (12 oz.) can corned beef, chilled and shredded**
**3 hard cooked eggs, chopped**
**1½ c. chopped celery**
**2 tsp. finely grated onion**
**1⅓ Tbsp. chopped green pepper**

Combine jello, salt, hot water, and lemon juice; stir until jello dissolves. Refrigerate until mixture is cool and begins to congeal. Fold in mayonnaise, corned beef, eggs, celery, onion, and green pepper. Pour into 9 inch square or 11x7 inch oblong pan, preferably glass. Chill until firm. Makes 10 servings.

*D.M. Forbord*

## CRANBERRY CREAM SALAD

**1 box cherry gelatin**
**1 c. hot water**
**1 can whole berry cranberry sauce**
**½ c. diced celery**
**¼ c. chopped walnuts**
**1 c. sour cream**
**Greens**

Dissolve gelatin in hot water. Chill until thickened. Break up sauce. Add to gelatin with celery and nuts. Fold in cream. Pour into 1 quart mold. Chill until firm. Unmold onto greens.

*Nancy Bernson*

## CRANBERRY SALAD

**1 lb. whole cranberries**
**2½ c. sugar**
**1 c. broken nutmeats**
**1 c. orange marmalade**
**Juice of 1 lemon**

Place cranberries in shallow baking pan. Stir in sugar. Cover tightly with aluminum foil. Bake at 350° for 1 hour. Stir once during baking. Add rest of ingredients. Stir and mold. Chill.

*Committee*

## CHERRY SALAD SUPREME

**1 (6 oz.) pkg. raspberry flavored jello**
**4 c. boiling water, divided**
**2 (21 oz.) cans cherry pie filling**
**1 (6 oz.) pkg. lemon flavored jello**
**1 (8 oz.) pkg. cream cheese, softened**
**⅔ c. mayonnaise**
**1 (1 lb.) can crushed pineapple with juice**
**1 c. heavy cream, whipped**
**2 c. miniature marshmallows**
**2 c. grated Cheddar cheese**
**¼ c. chopped nuts**

Use a 12 to 20 inch pan. Dissolve raspberry jello in 2 cups boiling water; cool slightly. Add pie filling. Pour into pan and refrigerate until set. Dissolve lemon jello in 2 cups boiling water; cool. Beat cream cheese and mayonnaise. Continue beating while

gradually adding dissolved lemon jello. Stir in pineapple. Fold in whipped cream, marshmallows and Cheddar cheese. Spread on cherry layer; refrigerate. Before serving, sprinkle with nuts. Makes 24 servings.

*Committee*

## JELLO VEGETABLE SALAD

**2 pkg. lemon jello**
**1 c. hot water**
**1 c. mayonnaise**
**1 c. coffee cream or half & half**
**2 c. (1 pt.) cottage cheese**
**2 medium carrots, grated**
**½ green pepper, chopped fine**
**1 small onion, grated or chopped fine**

Dissolve jello in hot water. Add all other ingredients; mix well. Pour into mold and refrigerate for at least 4 hours or overnight.

*Helen Jacobsen*

## LIME SALAD

**1 small pkg. lime jello**
**1 c. boiling water**
**1 c. crushed pineapple**
**1 c. green grapes**
**1 small jar maraschino cherries**
**½ c. chopped nuts**
**1 pt. vanilla ice cream**

Dissolve jello in boiling water. Blend in ice cream. Immediately, add rest of ingredients and put in mold.

*Committee*

## JELLO SALAD

**1 large strawberry jello**
**1 c. boiling water**
**1 medium can crushed pineapple**
**3 mashed bananas**
**1 c. nuts**
**1 pkg. frozen strawberries**

Dissolve jello in boiling water. Add remaining ingredients. Put ½ mixture in 8x8 inch pan. Let set. Spread with 1 pint sour cream. Add remaining mixture.

*Rachel Olsen*

## APRICOT AND CHEESE SALAD

**1 large crushed pineapple, drained**
**1 large apricots, chopped and drained**
**2 pkg. orange jello**
**2 c. boiling water**
**1 c. juice**
**1 c. miniature marshmallows**

Dissolve jello in boiling water. Add remaining ingredients. Pour into 9x13 inch pan.

Topping:

**½ c. sugar**
**2 Tbsp. flour**
**1 egg**
**1 c. juice**
**2 Tbsp. butter**

Cook until thick; cool. Add 1 cup Cool Whip. Spread over jello and grate cheese on top.

*Committee*

## MOLDED SALAD

**1 (3 oz.) lemon jello**
**1 c. fruit cocktail juice**
**1 c. hot water**
**1 (8 oz.) cream cheese**
**1 c. marshmallows**
**1 large can fruit cocktail, drained**
**1 pt. whipping cream**

Dissolve jello in hot water and cocktail juice. Add cream cheese. Stir until softened in hot jello. Add drained fruit cocktail and marshmallows. Fold in whipped cream. Pour into 12 cup mold.

*Del Forbord*

## LEMON JELLO SALAD

**2 pkg. lemon jello (3 oz.)**
**½ lb. American cheese, shredded**
**1 small Cool Whip**
**1 large can crushed pineapple**
**2 Tbsp. salad dressing**

Use juice of pineapple and water to make 3¾ cups liquid. Heat and dissolve jello in liquid. Let cool and whip. Add whipped topping, cheese and pineapple. Pour in mold and let set.

*Claudia Holms*

## MOLDED VEGETABLE SALAD

**2 (3 oz.) or 1 (6 oz.) pkg. lemon jello**
**1 c. hot water**
**½ pt. (1 c.) coffee cream or half & half**
**1 c. mayonnaise**
**1 pt. cottage cheese**

Dissolve jello in hot water; add other ingredients.

Add:

**2 medium carrots, shredded**
**1 small onion, chopped fine**
**½ green pepper, chopped**

Pour into 9x13 inch pan or rind mold; let set.

*Helen Jacobsen*

## SEVEN-UP SALAD

**14 oz. 7-Up**
**1 large pkg. red jello**
**1 large can crushed pineapple**
**2 c. applesauce**
**½ c. walnuts**

Heat applesauce to boiling and dissolve jello. Add all other ingredients except 7-Up. Mix well and pour into 9x13 inch cake pan. Let cool down and fold in 7-Up. Place in refrigerator until jello has set.

*Claudia Holms*

## MOLDED PEACH SALAD

**1 (29 oz.) can sliced peaches**
**1 (3 oz.) pkg. lemon jello**
**⅔ c. cream style cottage cheese**
**⅓ c. salted pecans**
**⅓ c. whipping cream, whipped**

Drain peaches, reserving syrup. Dissolve jello in 1 cup hot syrup. When mixture is slightly cool, add peaches, cottage cheese and pecans. Fold in whipped cream. Pour into a mold.

*Committee*

## SCALLOPED CORN

**8 oz. sour cream**
**¼ lb. butter or oleo, melted**
**1 (17 oz.) can creamed corn**
**1 (17 oz. or less) can whole kernel corn, drained**
**2 eggs, slightly beaten**
**1 box Jiffy corn bread mix**

Mix together all ingredients. Pour into greased 1½ quart casserole. Bake in 350° oven until top is golden brown, 50 to 60 minutes. Serves 4 to 6.

Do not mix up ahead of time.

*D. Forbord*

## CREAM CORN PUDDING

**1 (17 oz.) can creamed corn**
**2 eggs**
**1 heaping Tbsp. flour**
**2 Tbsp. sugar**
**½ tsp. salt**
**2 Tbsp. melted butter**
**⅔ c. milk (added last)**

Mix all ingredients and pour into casserole. Bake at 350° for 1 hour.

*Celeste Murphy*

## PARTY POTATO CASSEROLE

**1 (32 oz.) pkg. frozen hash brown potatoes**
**1 can cream of celery soup**
**¼ to ½ c. chopped onions**
**1 (8 oz.) ctn. sour cream**
**2 c. grated Cheddar cheese**
**½ c. melted butter**
**1 tsp. salt**
**1 c. corn flakes**
**¼ c. melted butter**

Spread potatoes in greased shallow 2 quart casserole or 9x13 inch pan. Combine soup, onions, sour cream, cheese, ½ cup butter, and seasonings in a bowl. Mix well. Spread over potatoes. Top with mixture of corn flake crumbs and ¼ cup butter. Bake at 350° for 60 minutes.

*Del Forbord*

## WEDDING POTATOES

**1 (2 lb.) pkg. hash brown potatoes**
**1 lb. sour cream**
**1 can cream of chicken soup**
**3 Tbsp. chopped onion**
**½ stick melted butter or margarine**

Place potatoes in 9x12 inch cake pan. Mix remaining ingredients together. Spread over the potatoes. Mix ½ stick melted butter or margarine and 2 cups or ½ package Pepperidge Farm herb flavored bread crumbs together; sprinkle on top. Bake at 375° for approximately 1 hour.

*Racheal Olsen*

## PITTSBURGH POTATOES

**4 c. diced, uncooked potatoes**
**1 small onion, minced**
**1 tsp. salt**
**2 c. medium white sauce**
**¾ tsp. salt**
**⅛ tsp. pepper**
**½ lb. grated mild cheese**
**½ c. cracker crumbs**
**2 tsp. butter**

Place potatoes in pan. Add onion and salt. Cover with boiling water and cook for 5 minutes. Drain and place in greased baking dish. Season white sauce. Add cheese and pour over potatoes. Sprinkle with cracker crumbs and dot with butter. Bake at 350° until browned, 20 to 25 minutes.

Medium white sauce:

**4 Tbsp. butter**
**4 Tbsp. flour**
**2 c. milk**

Melt butter. Add flour and milk; cook until thick.

*Nancy Bernson*

## COMPANY SCALLOPED POTATOES

**4 c. thinly sliced, peeled potatoes**
**¼ c. thinly sliced onions**
**1 (13¾ oz.) can chicken broth**
**¾ tsp. salt**
**⅛ tsp. black pepper**
**2 Tbsp. margarine**
**½ c. diced green pepper**
**2 Tbsp. diced pimientos**
**1½ Tbsp. flour**

1. In medium saucepan, parboil potatoes and onions in chicken broth, salt and pepper for 10 minutes.
2. In skillet, saute green pepper for 5 minutes. Stir in flour until well blended.
3. Stir green pepper mixture and pimientos into potatoes. Pour into lightly greased casserole.
4. Bake in preheated 350° oven for 35 to 45 minutes or until lightly browned.

*Committee*

## ONION PIE

**30 saltines, crushed**
**2½ c. thinly sliced onions**
**½ lb. grated cheese**
**¼ c. melted oleo**
**1 Tbsp. oleo**
**3 slightly beaten eggs**
**1½ c. scalded milk**

Combine crumbs with ¼ cup oleo (melted) and press into 9 inch pie pan. Add onions that have been sauteed in 1 tablespoon oleo until limp. Cover with grated cheese.

Fifty minutes before serving, add eggs, milk and seasoning; pour over onions and cheese. Bake at 325° for 50 minutes.

*Pearl Haglund*

## PEAS AND ONION CASSEROLE

**2 pkg. peas with onions**
**⅔ can mushrooms**
**2 Tbsp. butter**
**2 Tbsp. flour**
**1 (3 oz.) cream cheese**

Saute mushrooms in butter. Add flour and cream cheese. Mix with peas and onions. Pour into casserole and cover. Bake at 425° for 25 to 30 minutes.

*Committee*

## GURLI'S CASSEROLE

**1 c. rice, cooked**
**½ large jar Cheez Whiz**
**2 pkg. chopped, cooked broccoli**

While rice is hot, add Cheez Whiz and broccoli. While hot, add 1 can mushroom soup plus salt and pepper to taste. Pour into casserole. Bake at 350° for 30 to 40 minutes.

*Gurli Ramsey*

## VEGETABLE COPPER PENNIES

**2 lb. fresh carrots, sliced in ¼ inch rounds**
**2 small onions, cut in thinly sliced rings**
**1 medium green pepper, sliced crosswise**
**1 (10 oz.) can tomato soup**
**⅔ c. sugar**
**¾ c. vinegar**
**½ c. cooking oil**
**1 tsp. Worcestershire sauce**
**1 tsp. prepared mustard**
**½ tsp. salt**

Cook carrots for about 10 minutes or until done. Combine tomato soup, sugar, vinegar, oil, Worcestershire sauce, mustard, and salt. Mix well. Add carrots and other ingredients; chill. Makes 6 servings.

*Elsie Larson*

## SPINACH SQUARES

**2 eggs**
**1 pkg. frozen chopped spinach, cooked and drained**
**¼ lb. oleo**
**1 c. milk**
**1 c. flour**
**1 tsp. salt**
**1 tsp. baking powder**
**1 lb. white Monterey Jack cheese, cubed**

Mix all the preceding ingredients together. Bake at 350° for 45 minutes in 8x12 inch dish.

*Marilyn G.*

## CAULIFLOWER CASSEROLE

**1 head cauliflower, cooked partially**
**18 soda crackers, crushed**
**½ stick oleo**
**1 can cheese soup**

Mix all ingredients together. Bake at 350° for 25 to 30 minutes.

*Claudia Holms*

## SAUERKRAUT BALLS

**3 Tbsp. butter**
**1 medium onion, finely chopped**
**1 c. ham, finely chopped**
**1 c. corned beef, finely chopped**
**½ clove garlic, minced**
**6 Tbsp. flour**
**1 egg, beaten**
**2 c. well drained sauerkraut, finely chopped**
**⅛ tsp. salt**
**⅛ tsp. Accent**
**½ tsp. Worcestershire sauce**
**1 Tbsp. chopped parsley**
**½ c. bouillon**

Melt butter. Add onion. Cook over low heat for 5 minutes. Add ham, corned beef and garlic. Cook for 10 minutes, stirring occasionally. Add 6 tablespoons flour and the egg; blend. Add sauerkraut, salt, Accent, Worcestershire, parsley, and bouillon; mix well. Cook over low heat, stirring, until thickened. Chill. Shape into 1 inch balls.

Mix 2 cups milk and 2½ cups flour. Coat balls with this batter. Roll in 2 cups fine dry bread crumbs. Deep-fry for 2 or 3 minutes. Makes about 80.

*Nancy Bernson*

# Main Dishes

# MEAT ROASTING GUIDE

| Cut | Weight Pounds | Approx. Time (Hours) (325° oven) | Internal Temperature |
|---|---|---|---|
| **BEEF** | | | |
| Standing Rib Roast [1] (10 inch) ribs) | 4 | 1¾ | 140° (rare) |
| | | 2 | 160° (medium) |
| [1] If using shorter cut (8-inch) ribs, allow 30 min. longer | | 2½ | 170° (well done) |
| | 8 | 2½ | 140° (rare) |
| | | 3 | 160° (medium) |
| | | 4½ | 170° (well done) |
| Rolled Ribs | 4 | 2 | 140° (rare) |
| | | 2½ | 160° (medium) |
| | | 3 | 170° (well done) |
| | 6 | 3 | 140° (rare) |
| | | 3¼ | 160° (medium) |
| | | 4 | 170° (well done) |
| Rolled rump [2] | 5 | 2¼ | 140° (rare) |
| | | 3 | 160° (medium) |
| | | 3¼ | 170° (well done) |
| Sirloin tip [2] | 3 | 1½ | 140° (rare) |
| [2] Roast only if high quality. Otherwise, braise. | | 2 | 160° (medium) |
| | | 2¼ | 170° (well done) |
| **LAMB** | | | |
| Leg | 6 | 3 | 175° (medium) |
| | | 3½ | 180° (well done) |
| | 8 | 4 | 175° (medium) |
| | | 4½ | 180° (well done) |
| **VEAL** | | | |
| Leg (piece) | 5 | 2½ to 3 | 170° (well done) |
| Shoulder | 6 | 3½ | 170° (well done) |
| Rolled Shoulder | 3 to 5 | 3 to 3½ | 170° (well done) |

# POULTRY ROASTING GUIDE

| Type of Poultry | Ready-To-Cook Weight | Oven Temperature | Approx. Total Roasting Time |
|---|---|---|---|
| **TURKEY** | 6 to 8 lbs. | 325° | 2½ to 3 hrs. |
| | 8 to 12 lbs. | 325° | 3 to 3½ hrs. |
| | 12 to 16 lbs. | 325° | 3½ to 4 hrs. |
| | 16 to 20 lbs. | 325° | 4 to 4½ hrs. |
| | 20 to 24 lbs. | 300° | 5 to 6 hrs. |
| **CHICKEN** (Unstuffed) | 2 to 2½ lbs. | 400° | 1 to 1½ hrs. |
| | 2½ to 4 lbs. | 400° | 1½ to 2½ hrs. |
| | 4 to 8 lbs. | 325° | 3 to 5 hrs. |
| **DUCK** (Unstuffed) | 3 to 5 lbs. | 325° | 2½ to 3 hrs. |

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

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# MAIN DISHES

## LONG BOY CHEESEBURGERS

Mix in 2 quart bowl:

**1 lb. ground lean beef**
**1 tsp. salt**
**¼ tsp. pepper**
**1 Tbsp. Worcestershire sauce**
**¼ c. catsup or chili sauce**
**¼ c. finely chopped onions**
**½ c. corn flake crumbs**
**½ c. Pet milk (can use regular milk)**

Cut 2 loaves brown and serve French bread (9 or 11 inches) in halves lengthwise. On cut side of each loaf, spread ¼ of meat mixture, covering to edges. Place on baking sheet, crust side down. Bake at 375° for about 25 minutes or until meat is cooked to your liking. During last 5 minutes of baking, top liberally with grated cheese or strips of cheese.

*Del Forbord*

## CHUCK WAGON BEANS

**6 slices bacon, diced and browned in Dutch oven**
**1 lb. plus ground beef**
**1 large onion, browned with beef**

Add:

**1 (16 oz.) Campbell's pork and beans**
**1 can butter beans**
**1 can red kidney beans**
**½ c. catsup**
**¾ c. brown sugar**
**2 Tbsp. Worcestershire sauce**
**½ c. Cheddar cheese**

Simmer until heated through. Add cheese on top and continue heating till melted. Salt and pepper to taste.

*Committee*

## SCALLOPED CHICKEN

**1 chicken, cooked and cubed**
**1 (7 oz.) box uncooked Creamettes**
**2 cans cream of mushroom soup**
**½ lb. cut up Velveeta**
**1 pt. milk**
**1 small onion, chopped**
**2 chopped, hard-boiled eggs**

Mix well and refrigerate overnight. Take out 1 hour before baking. Bake at 350° for 1 hour and 15 minutes.

*Del Forbord*

## TURKEY HOT DISH

**1 pkg. seasoned croutons (almost two 7 oz. pkg.)**
**1 stick oleo**
**1 c. chicken broth**
**3 c. cut up turkey**
**¾ c. celery, diced small**
**½ c. onion, chopped**
**½ c. Miracle Whip**
**½ tsp. salt**
**2 eggs**
**1½ c. milk**
**1 can cream of chicken soup**
**1 (4 oz.) pkg. grated Cheddar cheese**

Mix croutons, butter and broth. Place ½ in 9x13 inch pan. Mix salad dressing, chicken, salt, celery, and onion. Place on first layer. Put rest of stuffing on top. Add milk to beaten eggs; pour over mixture and set overnight in refrigerator. Before baking, put on soup. Bake at 325° for 45 minutes, uncovered. Add cheese and bake at 300° for 1 hour.

*Del Forbord*

## SPINACH CHEESE CASSEROLE

**2 bunches (1½ to 2 lb.) spinach, washed, stems removed and slivered to make about 10 c.**
**2 cloves garlic, minced**
**¼ c. butter or oleo**
**6 oz. Cheddar cheese, shredded (1½ c.)**
**½ c. small curd cottage cheese**
**½ tsp. salt**
**¼ tsp. pepper**
**3 c. cooked rice**
**6 slices (6 oz.) Mozzarella cheese**

1. Cook spinach (cover with 2 tablespoons water) just until limp but still bright green. Drain well, pressing out excess moisture. Transfer into bowl.

2. Saute garlic in 1 tablespoon butter until light brown. Add remaining 3 tablespoons butter, stirring over heat until melted.

3. Pour butter/garlic mixture over spinach. Stir in Cheddar cheese, cottage cheese, salt and pepper. Spoon cooked rice into shallow baking pan (10 inch size). Top with spinach mixture.

4. Bake, uncovered, at 350° until cheeses are melted, about 15 minutes. Cover evenly with Mozzarella cheese. Broil until cheese is melted and light brown.

*Jan Forbord*

## CHICKEN CASHEW

**2½ c. cut up, cooked chicken**
**½ c. broth**
**1 c. celery, diced**
**⅓ c. onion, diced**
**2 cans cream of mushroom soup**
**1 c. mushrooms**
**½ c. chopped cashews**
**2 cans chow mein noodles**

Combine all the preceding ingredients in order; pour into a greased casserole. Bake at 350° for 1 hour.

*Committee*

## CHICKEN CANTON CASSEROLE

**1 (2½ oz.) jar mushrooms, drained**
**1 c. celery, diced**
**¼ c. sliced green onions**
**3 Tbsp. butter**
**1 can cream of mushroom soup**
**½ c. milk**
**1 (8½ oz.) can peas, drained**
**1 c. diced, cooked chicken**
**½ c. salted cashews**
**1 Tbsp. soy sauce**
**⅛ tsp. pepper**
**1 (3 oz.) can chow mein noodles**

Saute mushrooms, celery and green onions in butter. Combine soup, milk, peas, chicken, cashews, soy sauce, pepper, and ½ chow mein noodles in 1½ quart casserole. Top with remaining noodles. Bake at 375° for 20 to 25 minutes. Serves 4 to 6.

*Nancy Bernson*

## CHICKEN AND BROCCOLI

**2 boxes frozen broccoli spears, cooked**
**4 chicken breasts, cooked and boned**

Place broccoli in greased baking dish. Sprinkle with garlic salt. Add 1 cup shredded cheese and a little paprika. Place chicken on the preceding. Cover with sauce. Bake at 425° for 30 minutes.

Sauce:

**1 can cream of chicken soup**
**1 c. sour cream**
**3 Tbsp. milk**
**3 Tbsp. sherry**

*Gurli Ramsey*

## CHICKEN CASSEROLE WITH NOODLES

**1 (5 oz.) pkg. noodles**
**1 can cream of chicken soup**
**1 (6 oz.) can (⅔ c.) evaporated milk**
**1 tsp. salt**
**1½ c. shredded cheese**
**2 c. diced, cooked chicken**
**1 c. celery slices**
**¼ c. diced green pepper**
**¼ c. diced pimento**
**1 c. slivered blanched almonds**
**Buttered bread crumbs**

Cook noodles in boiling salted water; drain. Form in nest in greased 2 quart casserole. Mix soup, milk and salt; heat, stirring constantly. Add cheese; stir till melted. Add remaining ingredients except ½ cup almonds and crumbs. Pour over noodles. Top with crumbs and remaining almonds. Bake, uncovered, in hot 400° oven for about 20 minutes.

*Vio Orler*

## CHICKEN CASSEROLE

**4 c. cooked chicken**
**2 c. celery, diced**
**1 Tbsp. onion, diced**
**2 Tbsp. pimento, chopped**
**4 hard-boiled eggs, chopped**
**¾ can chicken soup**
**2 Tbsp. lemon juice**
**¾ c. mayonnaise**
**½ tsp. salt and MSG**

Combine all preceding ingredients and pour into greased casserole. Cover with topping.

Topping:

**1 c. grated cheese**
**1½ c. potato chips, crushed**
**Almonds**

Bake at 350° for 50 to 60 minutes.

*Committee*

## CHICKEN A LA KING

**Chicken, boiled and cubed (2 c.)**
**1 small can sliced mushrooms, drained**
**½ c. green pepper**
**½ c. butter or margarine**
**½ c. flour**
**1 tsp. salt**
**¼ tsp. pepper**
**2 c. chicken broth**
**2 c. light cream**
**1 small jar pimentos**

1. Melt butter. Cook green pepper and mushrooms.
2. Blend in flour, salt and pepper. Cook over low heat till bubbly.
3. Stir in broth and cream. Cook over low heat till thick.
4. Add chicken and pimentos. Serve on pastry shells, croissants, rice, or toast.

*Committee*

## CONNECTICUT BEEF SUPPER

**2 Tbsp. shortening**
**2 lb. beef stew meat, cut in 1 inch cubes**
**2 large onions, sliced**
**1 c. water**
**2 large potatoes, pared and sliced**
**1 can cream of mushroom soup**
**1 c. sour cream**
**1¼ c. milk**
**1 tsp. salt**
**½ tsp. pepper**
**1 c. shredded Cheddar cheese**
**1¼ c. Wheaties cereal, crushed**

Cook and stir meat and onions in shortening until meat is brown and onions are tender. Add water; heat to boiling. Reduce heat. Cover and simmer for 50 minutes.

Pour meat mixture into ungreased 9x13 inch baking dish. Arrange potato slices on meat. Stir together soup, sour cream, milk, salt, and pepper; pour over potatoes. Sprinkle with cheese and cereal. Bake in 350° oven, uncovered, for 1 ½ hours or until potatoes and meat are tender. Makes 6 to 8 servings.

*Del Forbord*

## ZUCCHINI BEEF CASSEROLE

**5 medium zucchini (2½ lb.)**
**1½ lb. ground beef chuck**
**1 c. chopped onion**
**1 clove garlic, crushed**
**1 (2½ oz.) can sliced mushrooms, drained**
**1 tsp. salt**
**½ tsp. crushed, dried marjoram leaves**
**¼ tsp. pepper**
**2 Tbsp. butter**
**2 Tbsp. flour**
**1 beef bouillon cube**
**⅔ c. hot water**
**1⅓ c. undiluted evaporated milk**
**1 c. shredded American cheese**
**2 Tbsp. grated Parmesan cheese**

Cut zucchini in ½ inch slices. Steam slices in small amount of water in 10 inch skillet until crisp tender. Drain. Remove from skillet and keep warm. Brown ground chuck, onion and garlic in skillet; drain off excess fat.

Set aside 6 mushroom slices. Toss remaining mushrooms, salt, marjoram, and pepper with meat mixture. Melt butter in medium saucepan. Stir in flour. Dissolve bouillon cube in hot water. Gradually add evaporated milk and bouillon to flour mixture. Cook over medium heat, stirring constantly, until mixture just comes to boil and thickens. Add

cheese; stir until melted. Layer ingredients in 2 quart casserole as follows: Half zucchini slices, half meat mixture and half cheese sauce. Repeat. Garnish with reserved mushrooms. Bake at 325° for 30 minutes.

*Del Forbord*

## CORNED BEEF ON A BUN

**1 c. chopped corned beef**
**½ c. grated cheese**
**½ c. chopped stuffed olives**
**¼ c. catsup**
**2 Tbsp. minced onion**
**1 Tbsp. Worcestershire sauce**

Mix together. Heap on split, buttered buns and broil. Or wrap in foil and bake at 400° for 15 minutes.

*Nora Whitmore*

## CHICKEN ROLLS

**4 (3 oz.) boneless chicken breast halves**
**1 Tbsp. chopped parsley**
**2 slices (1 oz.) cooked ham, halved**
**4 slices (2 oz.) Mozzarella cheese**
**1 Tbsp. mayonnaise**
**1 tsp. water**
**2 Tbsp. seasoned bread crumbs**
**⅛ tsp. seasoned salt**

Preheat oven to 400°. Place chicken breasts between sheets of waxed paper; pound until ¼ inch thick. Sprinkle one side of each with parsley. Top with a slice of ham and a slice of cheese. Roll up jelly roll fashion, tucking in the ends. Fasten securely with toothpicks. Set aside.

In small bowl, combine mayonnaise and water. In another bowl, combine crumbs and salt. Roll chicken rolls in mayonnaise, then in crumbs. Bake in shallow pan for 20 minutes. Makes 4 servings.

*Helen Jacobsen*

## MOCK LOBSTER

**2 pkg. frozen haddock**
**2 tsp. salt**
**2 tsp. sugar**
**2 tsp. white vinegar**
**Melted butter**
**Lemon wedges**

Cut haddock in 1½ inch cubes. Keep in refrigerator. Bring 1 quart water to a boil. Add sugar, salt and vinegar. Drop cubes of haddock in boiling water and cook until they float. Serve with melted butter and lemon wedges.

*Helen Jacobsen*

## HAMBURGER STROGANOFF

**2 lb. ground beef**
**1 Tbsp. oleo**
**2 (4 oz.) cans chopped mushrooms**
**1 c. chopped onions**
**1 Tbsp. Worcestershire sauce**
**¼ c. flour**
**½ c. chili sauce**
**1½ c. sour cream**
**2 tsp. salt**
**½ tsp. pepper**

Season meat with salt and pepper; mix well. Brown beef in melted oleo, slowly. Add onions, mushrooms, chili sauce, and flour to browned beef. Cook, covered, at low heat for ½ hour. Add sour cream for 15 minutes before serving. Serve over cooked noodles. Serves 8.

*Helen Jacobsen*

## CHICKEN/TURKEY CASSEROLE

**2½ to 3 c. cooked, diced meat**
**2 c. uncooked elbow macaroni**
**1 can cream of mushroom soup**
**1 can cream of chicken soup**
**1 soup can milk**
**1¾ c. chicken broth**
**½ tsp. salt**
**1 medium onion, chopped**
**¾ c. finely cut celery**
**½ c. chopped green pepper**
**2 oz. chopped pimiento (optional)**
**¾ c. diced Cheddar cheese**

Mix all ingredients together the day before needed. Cover and refrigerate overnight. Bake, uncovered, in a greased 9x13 inch pan. Bake at 350° for 75 minutes.

Test a piece of macaroni for doneness.

*Helen Jacobsen*

## BEST EVER MEATLOAF

**2 lb. ground beef**
**2 eggs**
**1 (16 oz.) can pizza sauce**
**2 Tbsp. catsup**
**8 oz. large curd cottage cheese**
**½ c. wheat germ or bran cereal**
**3 slices white bread, torn into small pieces**
**1 medium onion, chopped**
**1 tsp. salt**

Place all ingredients, except meat, into a large bowl. Mix well. When well mixed, add meat and again mix well. Shape into loaf and place in a baking dish. Baste with additional catsup. Bake at 325° for 1½ hours. Remove drippings with a baster.

Optional ingredients: Chopped green pepper, fresh chopped tomatoes and mushrooms.

*Marge Hawkins*

## MOCK HAM LOAF

**1½ lb. ground beef**
**1 (12 oz.) can Spam (ground)**
**1 small onion, chopped**
**1 tsp. celery salt**
**1 c. cracker crumbs**
**1 egg**
**1 tsp. Worcestershire sauce**
**1½ c. milk**

Blend all ingredients thoroughly, mixing with hands. Shape into loaf and place in open baking dish. Score and sprinkle with ground cloves. Spread following glaze over top.

Glaze:

**2 tsp. mustard**
**2 tsp. catsup**
**Enough brown sugar to make a paste**

Bake at 350° for 1 hour.

*Elsie Larson*

## BEEF BURGUNDY

**2 lb. beef, cut small**
**5 medium onions, sliced**
**½ c. beef bouillon**
**1½ lb. fresh mushrooms**
**2 Tbsp. salad oil**
**Pinch of marjoram, thyme, salt, and pepper**
**1 c. burgundy wine**

Fry onions in salad oil. Remove. In same skillet, saute beef until brown. (Add oil as needed.) Sprinkle beef with flour and seasonings. Add bouillon and wine; mix well. Simmer on low heat for 3½ hours. Add more bouillon and wine if needed. Sauce should be thick and dark. Add onions and mushrooms to beef; simmer for 1 more hour.

*Nancy Bernson*

## CABBAGE ROLLS

**1 lb. ground beef**
**1 onion, chopped**
**Salt and pepper to taste**
**½ to 1 c. cooked rice**

Drop head of cabbage in boiling water for a few minutes. Separate leaves. Mix preceding ingredients and roll in leaf of cabbage. Place in baking dish.

Sauce:

**1 can tomato sauce**
**⅓ c. brown sugar**
**2 Tbsp. vinegar**

Mix together; pour over the cabbage rolls. Bake at 350° for 1½ hours.

*M. Dixon*

## LASAGNA

**1 lb. ground beef**
**1 (8 oz.) can tomato sauce**
**6 to 8 oz. thin sliced Mozzarella cheese**
**½ c. grated Parmesan**
**1 (8 oz.) can tomatoes**
**1 or 2 env. spaghetti sauce mix**
**8 oz. lasagna noodles**
**1 c. cream style cottage cheese or Ricotta cheese**

Brown meat slowly. Add tomatoes, sauce, spaghetti mix, and garlic (to taste). Cover. Simmer for 40 minutes, stirring occasionally. Salt to taste. Cook noodles until tender; drain and rinse in cold water.

Place ½ noodles in 9x13 inch baking dish. Cover with ⅓ sauce. Add Mozzarella, then ½ cottage cheese. Repeat layers, ending with sauce. Top with Parmesan. Bake at 350° for 25 to 30 minutes. Remove from oven. Let stand for 15 minutes. Cut into squares to serve.

*Karen Grubka*

## SALMON LOAF

**1 can red salmon, drained (save juice)**
**½ c. milk**
**1 pkg. Pepperidge Farm dressing**
**3 Tbsp. green pepper**
**3 Tbsp. chopped onion**
**3 Tbsp. parsley**
**2 eggs**
**½ c. milk**
**4 Tbsp. melted butter**

Mix all ingredients and form into a loaf. Place in loaf pan. Bake at 350° for 30 to 35 minutes.

Sauce:

**3 Tbsp. butter**
**3 Tbsp. flour**
**1½ to 2 c. milk**
**Little nutmeg**
**Salt and pepper to taste**
**3 hard-boiled eggs (for garnish)**

Boil the preceding ingredients until thick. Serve over the salmon loaf and garnish with eggs.

*Committee*

## NUTTY NOODLE CASSEROLE

**2 lb. ground beef**
**1 (8 oz.) pkg. noodles**
**1 onion, diced**
**1 (5 oz.) bottle olives, diced**
**½ lb. sharp cheese, diced**
**1 can cream of mushroom soup**
**1½ c. milk**

Cook noodles as directed on package. Cook ground beef with onion. Add all the other ingredients; mix well. Pour into greased casserole. Bake at 350° for 30 minutes. Sprinkle top with chow mein noodles and 1 cup mixed nuts. Cover and bake for 30 more minutes.

*Committee*

## PINEAPPLE HAM LOAF

**3 Tbsp. melted oleo**
**5 Tbsp. light brown sugar**
**1 (8¼ oz.) can pineapple slices, drained and halved**
**2 lb. cooked, smoked ham, ground**
**1½ tsp. Worcestershire sauce**
**½ c. fine bread crumbs**
**¼ c. milk**
**2 eggs, beaten**
**⅛ tsp. pepper**

Combine butter and sugar in saucepan; place over low heat, stirring until sugar is dissolved. Add pineapple; saute for 5 minutes. Arrange pineapple in bottom of a greased 9x5x3 inch loaf pan. Cover with brown sugar mixture remaining in saucepan. Combine ham and remaining ingredients; mix well. Press meat mixture over pineapple. Bake at 350° for 50 minutes. Turn loaf out of pan to serve. Makes 6 to 8 servings.

*Committee*

## HAM BALLS

**2½ lb. ground cooked ham**
**1¼ c. quick oats (uncooked)**
**1 c. milk**
**3 eggs, slightly beaten**

Lightly grease baking dish. Combine meat ingredients; shape into 1½ inch balls. Place in baking dish.

Sauce:

**1 c. plus 2 Tbsp. brown sugar, packed**
**3 Tbsp. cornstarch**
**1½ Tbsp. prepared mustard**
**½ tsp. ground cloves**
**1¾ c. pineapple juice**
**½ c. light corn syrup**
**3 Tbsp. cider vinegar**

Combine sugar, cornstarch, mustard, and cloves in large saucepan. Add liquids and stir over medium heat until thickens, stirring constantly. Reduce heat and simmer for 3 minutes. Pour sauce over ham balls. Bake for 1 hour. Makes 40 to 45 meat balls.

*Committee*

## SWEET AND SOUR MEAT BALLS

**3 lb. ground beef**
**2 eggs**
**1 onion, chopped small**
**Salt and pepper**

Form into balls; brown well.

Sauce:

**3 Tbsp. cornstarch**
**2 c. pineapple juice**
**1 Tbsp. soy sauce**
**3 Tbsp. vinegar**
**½ c. brown sugar**
**2 c. pineapple chunks and 2 green peppers, cut in circles**

Boil the preceding ingredients until thick. Add to meat balls about 5 minutes before serving.

*Rachael Olsen*

## BREAKFAST CASSEROLE

**11 slices bread, cubed**
**1 lb. Velveeta cheese, cubed**
**2 lb. bulk sausage, fried and drained**

Whip together:

**4 c. milk**
**8 eggs**
**1 Tbsp. prepared mustard**

Mix everything together and put in an ungreased 9x13 inch pan. Set in refrigerator for 24 hours. Bake at 350° for 1 hour.

*Claudia Holms*

# Notes

# Breads, Rolls, Pastries

# EQUIVALENT CHART

| | |
|---|---|
| 3 tsp. | 1 tbsp. |
| 2 tbsp. | ⅛ c. |
| 4 tbsp. | ¼ c. |
| 8 tbsp. | ½ c. |
| 16 tbsp. | 1 c. |
| 5 tbsp. + 1 tsp. | ⅓ c. |
| 12 tbsp. | ¾ c. |
| 4 oz. | ½ c. |
| 8 oz. | 1 c. |
| 16 oz. | 1 lb. |
| 1 oz. | 2 tbsp. fat or liquid |
| 2 c. | 1 pt. |
| 2 pt. | 1 qt. |
| 1 qt. | 4 c. |
| ⅝ c. | ½ c. + 2 tbsp. |
| ⅞ c. | ¾ c. + 2 tbsp. |
| 1 jigger | 1½ fl. oz. (3 tbsp.) |
| 8 to 10 egg whites | 1 c. |
| 12 to 14 egg yolks | 1 c. |
| 1 c. unwhipped cream | 2 c. whipped |
| 1 lb. shredded American cheese | 4 c. |
| ¼ lb. crumbled Bleu cheese | 1 c. |
| 1 lemon | 3 tbsp. juice |
| 1 orange | ⅓ c. juice |
| 1 lb. unshelled walnuts | 1½ to 1¾ c. shelled |
| 2 c. fat | 1 lb. |
| 1 lb. butter | 2 c. or 4 sticks |
| 2 c. granulated sugar | 1 lb. |
| 3½ - 4 c. unsifted powdered sugar | 1 lb. |
| 2¼ c. packed brown sugar | 1 lb. |
| 4 c. sifted flour | 1 lb. |
| 4½ c. cake flour | 1 lb. |
| 3½ c. unsifted whole wheat flour | 1 lb. |
| 4 oz. (1 to 1¼ c.) uncooked macaroni | 2¼ c. cooked |
| 7 oz. spaghetti | 4 c. cooked |
| 4 oz. (1½ to 2 c.) uncooked noodles | 2 c. cooked |
| 28 saltine crackers | 1 c. crumbs |
| 4 slices bread | 1 c. crumbs |
| 14 square graham crackers | 1 c. crumbs |
| 22 vanilla wafers | 1 c. crumbs |

# SUBSTITUTIONS FOR A MISSING INGREDIENT

1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus ½ tablespoon fat.
1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour.
1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour.
1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour.
1 teaspoon **baking powder** = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar.
1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk (let stand for 5 minutes).
1 cup **sweet milk** = 1 cup sour milk or buttermilk plus ½ teaspoon baking soda.
¾ cup **cracker crumbs** = 1 cup bread crumbs.
1 cup **cream, sour, heavy** = ⅓ cup butter and ⅔ cup milk in any sour milk recipe.
1 teaspoon **dried herbs** = 1 tablespoon fresh herbs.
1 cup **whole milk** = ½ cup evaporated milk and ½ cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter.
1 package **active dry yeast** = 1 cake compressed yeast.
1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion.
1 tablespoon **prepared mustard** = 1 teaspoon dry mustard.
⅛ teaspoon **garlic powder** = 1 small pressed clove of garlic.
1 lb. **whole dates** = 1½ c. pitted and cut.
3 medium **bananas** = 1 c. mashed.
3 c. **dry corn flakes** = 1 c. crushed.
10 **miniature marshmallows** = 1 large marshmallow.

# GENERAL OVEN CHART

| | |
|---|---|
| Very slow oven | 250° to 300° F. |
| Slow oven | 300° to 325° F. |
| Moderate oven | 325° to 375° F. |
| Medium hot oven | 375° to 400° F. |
| Hot oven | 400° to 450° F. |
| Very hot oven | 450° to 500° F. |

# CONTENTS OF CANS

*Of the different sizes of cans used by commercial canners, the most common are:*

| Size: | Average Contents |
|---|---|
| 8-oz. | 1 cup |
| picnic | 1¼ cups |
| No. 300 | 1¾ cups |
| No. 1 tall | 2 cups |
| No. 303 | 2 cups |
| No. 2 | 2½ cups |
| No. 2½ | 3½ cups |
| No. 3 | 4 cups |
| No. 10 | 12 to 13 cups |

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## JEWISH COFFEE CAKE

**1 box yellow cake mix (Duncan)**
**1 small box instant vanilla pudding**
**4 eggs**
**1 c. sour cream**
**2 tsp. vanilla**
**½ c. salad oil**

Mix with electric mixer for 4 minutes. Pour ½ mixture in greased and floured Bundt pan, then ½ streusel, then rest of cake mixture, then top with rest of streusel. Mix streusel in lightly with cake so it doesn't crumble. Bake at 350° for 55 to 60 minutes. Cool for 25 minutes, then remove from pan.

Streusel:

**½ c. sugar**
**2 tsp. cinnamon**
**2 tsp. cocoa**
**¾ c. chopped nuts**

*Karen Grubka*

## CARROT BREAD

**3 eggs, well beaten**
**2 c. sugar**
**1 c. cooking oil**
**3 c. flour**
**1 tsp. soda**
**1 tsp. cinnamon**
**1 tsp. salt**
**2 c. finely grated carrots**
**1 c. finely ground walnuts**
**1 c. well drained, crushed pineapple**
**2 tsp. vanilla**

Mix sugar and eggs. Add oil and blend. Sift dry ingredients together; add. Add remaining ingredients; blend. Spoon into greased loaf pans. Makes 2 loaves. Bake at 375° for about 1 hour. Cool.

*Nancy Bernson*

## TINY ORANGE MUFFINS

**1 c. butter or margarine**
**1 c. sugar**
**2 eggs**
**1 tsp. baking powder**
**1 c. buttermilk**
**2 c. flour**
**Grated rind of 2 oranges**
**½ c. golden raisins**
**Juice of 2 oranges plus 1 c. brown sugar**

Mix in large bowl. Cream butter and sugar. Add eggs. Beat till well mixed. Dissolve soda in buttermilk. Add buttermilk alternately with flour to egg mixture. Add orange rind and raisins. Fill well buttered tart tins ¾ full. Bake at 400° for 15 minutes. Remove immediately. Keep warm on serving plate.

Mix brown sugar and orange juice. Pour teaspoon over each muffin. Serve warm. Makes 48.

*Lorna Dunn*

## HOT CROSS BUNS

**1 pkg. yeast**
**1 tsp. sugar**
**¼ c. very warm water**
**1 c. milk**
**¼ c. oleo**
**½ tsp. salt**
**⅓ c. sugar**
**½ tsp. cinnamon**
**1 tsp. grated orange**
**2 beaten eggs**
**4 c. flour**
**½ c. raisins**
**¼ c. fruit (cherries)**

Dissolve yeast and 1 teaspoon sugar in water; let stand for 5 minutes. Scald milk, oleo, salt, and ⅓ cup sugar. Cool and add to yeast mixture. Stir in cinnamon, orange and beaten eggs; mix well.

Add 2 cups unsifted flour. Beat on medium speed for about 3 minutes. Add 1 cup flour; mix well. Add raisins and fruit. Mix in 1 more cup flour. Place dough on floured board; knead for about 5 to 8 minutes. Place in greased bowl. Cover and let rise for 1 to 1½ hours. Knead lightly and divide; put into 18 balls. Let rise again. Bake at 350° for 15 to 20 minutes.

*Jo Moore*

## STICKY QUICKIES

**1 tube biscuits**
**1 stick butter or oleo**
**¼ c. honey**

Make Honey Sauce of butter or oleo and honey. Ratio: Use 2 tablespoons butter to 1 tablespoon honey. Divide sauce in greased muffin tins. Add crushed nuts if desired. Halve each biscuit. Roll each half into a ball, gently. Place 3 balls cloverleaf style in each well on top of sauce. Bake at 350° for 10 to 12 minutes. Spoon extra sauce over top. Serve warm upside-down.

*Marty Hustwick*

## ST. TIMOTHY'S COFFEE CAKE

**1 c. butter or oleo**
**2 c. sugar**
**½ tsp. vanilla**
**2 eggs**
**2 c. unsifted, all-purpose flour**
**1 tsp. baking powder**
**1 tsp. cinnamon**
**¼ tsp. salt**
**1 c. chopped nuts**
**½ c. golden seedless raisins**
**1 c. sour cream**
**1 to 2 tsp. cinnamon and sugar**

Grease and flour 12 cup Bundt pan. Mix oleo until soft. Add sugar gradually and continue to beat until light and fluffy. Mix in vanilla. Add eggs, one at a time, beating well. Combine flour, baking powder, cinnamon, and salt. Add nuts and raisins; coat well. Add dry ingredients to creamed mixture alternately with sour cream. Blend well. (Batter looks like whipped cream.) Spoon into pan. Sprinkle with cinnamon and sugar. Sprinkle more sugar and cinnamon if necessary. Bake at 350° for 1 hour. Check at 50 minutes.

*Del Forbord*

## STREUSEL FILLED COFFEE CAKE

**1½ c. flour**
**3 tsp. baking powder**
**¼ tsp. salt**
**¾ c. sugar**
**¼ c. shortening**
**1 egg**
**½ c. milk**
**1 tsp. vanilla**

Sift flour, baking powder, salt, and sugar together. Cut in shortening. Blend in well beaten egg; mix with milk. Add vanilla; beat to mix well. Pour ½ batter into 6x10 inch greased pan. Sprinkle with ½ streusel mixture. Add remaining batter. Cover with remaining streusel mixture. Bake at 375° for 25 to 30 minutes.

Streusel filling:

**½ c. brown sugar**
**2 Tbsp. flour**
**2 Tbsp. cinnamon**
**2 Tbsp. butter**
**½ c. chopped nuts**

*Connie Lillevik*

## COFFEE CAKE SUPREME

**1½ c. sugar**
**¾ c. oleo**
**3 eggs**
**1 pt. sour cream**
**1½ tsp. soda**
**1½ tsp. salt**
**3 tsp. cornstarch**
**3 c. flour**

Put ½ batter in Bundt pan, then filling. Add rest of batter. Bake at 350° for 1 hour or more.

Filling:

**¾ c. brown sugar**
**1 c. nuts**
**2 tsp. cinnamon**
**2 Tbsp. melted butter or oleo**

Mix well.

*Committee*

## ZUCCHINI BREAD

Beat together:

**1 c. oil**
**2 c. sugar**
**3 eggs**
**2 tsp. vanilla**

Sift together:

**3 c. flour**
**1 tsp. salt**
**1 tsp. cinnamon**
**1 tsp. baking soda**
**¼ tsp. baking powder**
**½ tsp. ginger**

Add 2 cups zucchini (grated and water squeezed out), ½ cup sour cream, 1 cup nuts, and 1 cup raisins. Grease and flour two 5x9 inch loaf pans. Bake at 350° for 1 hour and 20 minutes.

*Del Forbord*

## ZUCCHINI BREAD

**3 eggs**
**1 c. oil**
**2 c. sugar**
**2 tsp. vanilla**
**2 c. grated zucchini**
**3 c. flour**
**1 tsp. salt**
**3 tsp. cinnamon**
**1 tsp. soda**
**¼ tsp. baking powder**

Beat eggs. Add oil, vanilla, zucchini, and sugar. Add dry ingredients. Bake at 325° for 1 hour. Makes 2 loaves.

*Claudia Holms*

## BANANA BREAD

**2 eggs**
**1 c. sugar**
**½ c. Crisco**
**3 crushed bananas**
**2 c. flour**
**1 tsp. soda**
**¼ tsp. salt**
**½ c. nutmeats**

Cream sugar and Crisco. Add eggs; beat until light. Add bananas; beat. Add flour, soda, salt, and nutmeats. Mix lightly or just till flour is all mixed. Bake at 350° for 1 hour or until done.

*Committee*

## APPLE CHEESE WALNUT BREAD

**½ c. butter or oleo**
**¾ c. sugar**
**2 eggs**
**1¾ c. sifted flour**
**1 tsp. baking powder**
**½ tsp. baking soda**
**½ tsp. salt**
**¼ tsp. ginger**
**1 c. grated apples**
**½ c. grated sharp Cheddar cheese**
**⅓ c. chopped nuts**

Cream butter to consistency of mayonnaise. Add sugar while continuing to cream. Add eggs, one at a time, beating after each addition. Mix and sift flour, baking powder, soda, salt, and ginger. Add alternately with apples. Stir in cheese and walnuts. Spoon batter into greased 8x5x3 inch loaf pan. Bake at 350° for 1 hour.

*Committee*

## RAISIN BREAD

**2 c. raisins**
**2 c. water**
**1 c. sugar**
**1 Tbsp. oleo**
**2 eggs**
**2½ c. flour**
**2 tsp. soda**

Put raisins in pan. Add water; boil for 10 minutes. Cool slightly. Cream sugar and oleo. Add eggs. Mix in raisins, flour and soda. Bake in greased loaf pan at 325° for 1 hour. Makes 1 loaf.

*Claudia Holms*

## POLISH APPLE COFFEE CAKE

**1 stick oleo**
**1 c. sugar**
**2 eggs**
**1 tsp. vanilla**
**¼ tsp. almond extract**
**2 c. sifted flour**
**1 tsp. baking soda**
**1 tsp. baking powder**
**½ tsp. salt**
**1 c. sour cream**
**2 apples, finely chopped**
**1 pear, finely chopped (optional)***

Cream together margarine and sugar. Add eggs, one at a time, beating after each addition. Add vanilla and mix well. Sift flour, soda, baking powder, and salt together; add to egg mixture alternately with sour cream. Fold in apples. Spread batter in greased and floured 9x13 inch pan.

Topping:

**½ c. chopped nuts**
**1 c. brown sugar**
**1 tsp. cinnamon**
**2 Tbsp. soft margarine**

Combine topping ingredients, cutting in oleo until you have fine crumbs. Spread over batter.

Bake at 350° for 40 to 45 minutes or until done with toothpick test.

* Cake will be lighter and more flavorful if a peeled and chopped pear is added with apples.

*Helen Jacobsen*

## SOUR CREAM RHUBARB PIE

**2 c. rhubarb, cut in small pieces**
**1 c. sour cream**
**¾ c. sugar**
**2 Tbsp. flour**
**¼ tsp. salt**
**1 tsp. vanilla**
**1 egg**

Beat egg slightly. Add sugar, flour, salt, sour cream, vanilla, and rhubarb. Put in unbaked 9 inch pie shell. Bake at 400° for 25 minutes.

Mix together:

**½ c. brown sugar**
**⅓ c. butter**
**¼ c. flour**

Mix together and sprinkle over pie. Bake for 20 minutes longer.

*Lois Brown*

## RHUBARB CREAM PIE

**1½ c. sugar**
**3 Tbsp. flour**
**½ tsp. nutmeg**
**1 Tbsp. butter**
**2 eggs, well beaten**
**3 c. rhubarb**

Mix all ingredients and pour into unbaked 9 inch pie pastry-lined pan. Bake at 450° for 10 minutes, then continue baking at 350° for 30 to 40 minutes.

*Committee*

## SUNNY SILVER PIE

**4 egg yolks**
**5 Tbsp. lemon juice**
**½ c. sugar**
**Rind from 1 lemon**
**½ Tbsp. gelatine**
**⅓ c. water (cold)**
**4 egg whites**
**¼ c. sugar**

Put first 4 ingredients in top of double boiler and cook over boiling water until thickened. Remove from heat. Add gelatine which has been dissolved in cold water. Cool. Add stiffly beaten egg whites which have been sweetened with sugar. Pour in baked 9 inch pie shell; chill till set, about 2 hours. Serve with whipped cream.

*Rachel Olsen*

## GRANDMA SWANSON'S RHUBARB PIE

**Rhubarb, ½ inch pieces enough to fill pie pan**
**1½ c. sugar**
**2 Tbsp. flour (tapioca)**
**2 eggs**
**Dash of salt**

Put cut up rhubarb in pie pan lined with unbaked bottom crust. Mix together the remaining ingredients and pour over rhubarb. Cover with open lattice type top crust. Bake in 450° oven for 10 minutes. Reduce to 350° and continue baking for 30 minutes.

*Committee*

## FUDGE PIE

**3 sq. semi-sweet chocolate**
**¾ c. butter**
**1½ c. sugar**
**3 eggs, well beaten**
**¾ c. flour**
**1 tsp. vanilla**

Melt together the semi-sweet chocolate and butter; cool. Add sugar, eggs, flour, and vanilla; mix well. Pour into 9 inch buttered pie plate. Bake at 350° for 30 minutes.

*Claudia Holms*

## FRESH STRAWBERRY PIE

**1 c. sugar**
**3 Tbsp. cornstarch**
**3 Tbsp. light corn syrup**
**1 c. water**

Cook and stir until thickened, about 5 minutes. Add 3 tablespoons strawberry jello (dry) and mix. Cool. Place layers of whole berries in cooled, baked crust. Spoon sauce over and into empty spaces. Repeat to mound pie up. Chill for 8 hours or until set.

*Committee*

## PECAN PIE

**3 eggs**
**½ c. sour cream**
**½ c. dark Karo syrup**
**1 tsp. vanilla**
**1 c. white sugar**
**⅛ tsp. salt**
**2 Tbsp. melted butter**
**1½ c. pecans**

Beat eggs well. Stir in sour cream. Add corn syrup, vanilla, sugar, salt, and butter; mix well and add pecans. Pour into unbaked 9 inch pie shell. Bake in preheated 400° oven until crust is brown and filling is puffy, 30 to 35 minutes. Could bake a little longer.

*Committee*

## NANTUCKET PIE

**2 c. whole cranberries**
**1 c. sugar**
**½ c. nutmeats**
**¾ c. butter, melted**
**1 c. flour**
**1 c. sugar**
**2 well beaten eggs**
**1 tsp. almond extract**

Put berries in bottom of greased 10 inch pan. Put 1 cup sugar and nutmeats on top. Make a batter of butter, flour, 1 cup sugar, eggs, and almond extract and pour over the berries. Bake at 350° for 45 to 50 minutes.

*Committee*

## CHOCOLATE SILK PIE

**¾ c. butter**
**1⅛ c. sugar**
**3 oz. melted unsweetened baking chocolate**
**3 eggs**
**1½ tsp. vanilla**
**Whipped cream**

Cream butter. Add sugar gradually. Pour in cooled chocolate. Add vanilla. Add eggs, one at a time. Beat 3 to 5 minutes after each egg. This must be very smooth and not grainy. Pour into 9 inch baked pie shell. Chill until firm. Top with whipped cream. May also add pecans or chocolate shavings on top.

*Karen Grubka*

## IMPOSSIBLE COCONUT PIE

**2 c. milk**
**¾ c. sugar**
**½ c. biscuit mix**
**1½ tsp. vanilla**
**4 eggs**
**1 c. coconut**
**¼ c. butter, melted**

Combine milk, sugar, biscuit mix, eggs, butter, and vanilla in blender; blend for 3 minutes. Pour into greased 9 inch pie pan. Let stand for 5 minutes. Sprinkle with coconut. Bake at 350° for 40 minutes.

*Claudia Holms*

## OATMEAL PIE

**¾ c. brown sugar**
**¾ c. white Karo**
**¾ c. oatmeal**
**½ c. coconut**
**½ c. soft oleo**
**2 eggs**

Mix together all ingredients; pour into unbaked pie shell. Bake at 350° for 45 to 50 minutes.

*Claudia Holms*

# PIE CRUST

**3 c. sifted flour**
**1½ tsp. salt**
**1 c. plus 2 Tbsp. Crisco**
**6 Tbsp. water**

Combine flour and salt. Cut in Crisco until mixture is uniform and very fine. Sprinkle water over this mixture, a tablespoon at a time, tossing lightly with fork. Work dough into firm ball. Roll out dough about ⅛ inch thick on lightly floured surface. Makes enough dough for 2 (9 inch) double pies.

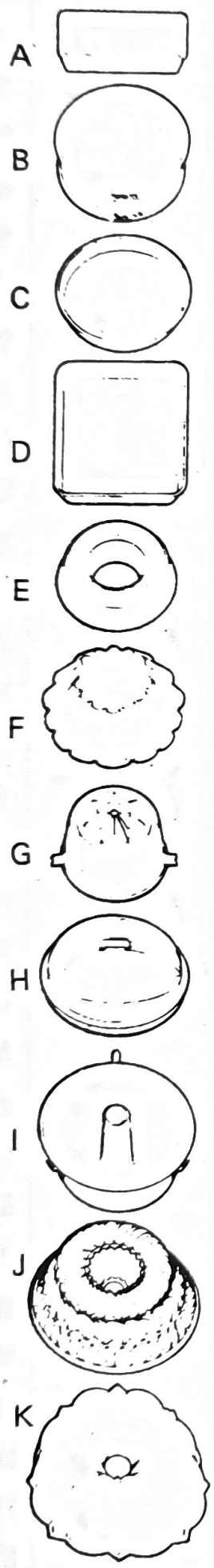
*Committee*

# Cakes, Cookies, Desserts

# HANDY CHART OF KITCHEN MATH

## (Size of Pans and Baking Dishes)

*Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.*




### COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:

**4-cup baking dish:**

- 9-inch pie plate
- 8x1¼-inch layer cake pan - **C**
- 7⅜x3⅝x2¼-inch loaf pan - **A**

**6-cup baking dish:**

- 8 or 9x1½-inch layer cake pan - **C**
- 10-inch pie plate
- 8½x3⅝x2⅝-inch loaf pan - **A**

**8-cup baking dish:**

- 8x8x2-inch square pan - **D**
- 11x7x1½-inch baking pan
- 9x5x3-inch loaf pan - **A**

**10-cup baking dish:**

- 9x9x2-inch square pan - **D**
- 11¾x7½x1¾-inch baking pan
- 15x10x1-inch jelly-roll pan

**12-cup baking dish and over:**

| | |
|---|---|
| 13½x8½x2-inch glass baking pan | 12 cups |
| 13x9x2-inch metal baking pan | 15 cups |
| 14x10½x2½-inch roasting pan | 19 cups |

### TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

**Tube Pans:**

| | |
|---|---|
| 7½x3-inch "Bundt" tube pan - **K** | 6 cups |
| 9x3½-inch fancy tube or "Bundt" pan - **J** or **K** | 9 cups |
| 9x3½-inch angel cake pan - **I** | 12 cups |
| 10x3¾-inch "Bundt" or "Crownburst" pan - **K** | 12 cups |
| 9x3½-inch fancy tube mold - **J** | 12 cups |
| 10x4-inch fancy tube mold (Kugelhupf) - **J** | 16 cups |
| 10x4-inch angel cake pan - **I** | 18 cups |

**Melon Mold:**

| | |
|---|---|
| 7x5½x4-inch mold - **H** | 6 cups |

**Spring-Form Pans:**

| | |
|---|---|
| 8x3-inch pan - **B** | 12 cups |
| 9x3-inch pan - **B** | 16 cups |

**Ring Molds:**

| | |
|---|---|
| 8½x2¼-inch mold - **E** | 4½ cups |
| 9¼x2¾-inch mold - **E** | 8 cups |

**Charlotte Mold:**

| | |
|---|---|
| 6x4¼-inch mold - **G** | 7½ cups |

**Brioche Pan:**

| | |
|---|---|
| 9½x3¼-inch pan - **F** | 8 cups |

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## GOOEY BUTTER CAKE

**1 pkg. yellow cake mix (white)**
**2 eggs**
**1 stick oleo, melted**

Mix together (will be thick). Spread in 9x13 inch greased and floured pan.

**2 eggs**
**1 (8 oz.) pkg. cream cheese**
**1 box powdered sugar**

Will be runny. Spread over first mixture. Bake at 325° for 40 minutes, golden brown. Sprinkle with XXXX sugar.

*Karen Grubka*

## PEANUT BUTTER CAKE

**1¾ c. boiling water**
**1 c. quick cook rolled oats**
**½ c. butter or oleo**
**1 c. light brown sugar**
**1 c. white sugar**
**1 tsp. vanilla**
**2 eggs**
**1½ c. unsifted, all-purpose flour**
**1 tsp. soda**
**½ tsp. baking powder**
**¼ tsp. cinnamon**
**¼ tsp. salt**
**5 (.6 oz.) milk chocolate covered peanut butter cups**

Combine water and oats; cool to room temperature. Set aside. Cream together butter, brown sugar, sugar, and vanilla. Beat in eggs. Blend in oatmeal mixture. Combine flour, baking soda, baking powder, cinnamon, and salt; add to creamed mixture. Beat for 1 minute. Pour into greased and floured 9x13 inch pan. Chop peanut butter cups and sprinkle over batter (do not stir). Bake at 350° for 40 to 45 minutes.

*Del Forbord*

## LEMON CAKE

**1 pkg. lemon cake mix**
**1 pkg. lemon jello**
**1 c. cold water**
**½ c. oil**
**1 Tbsp. fresh lemon juice**

Mix ingredients. Bake in 9x13 inch pan according to instructions on cake mix.

Glaze: Prick cake while hot with fork. Combine 2 cups powdered sugar with 5 tablespoons lemon juice. Pour over cake.

*Claudia Holms*

## LEMON CHEESE CAKE

**1 lemon cake mix with pudding**
**½ c. oleo**
**¾ c. milk**
**2 eggs**
**1 (8 oz.) pkg. cream cheese**
**½ c. sugar**
**½ c. nuts**
**1 Tbsp. lemon juice**
**1 Tbsp. lemon rind (optional)**

Crumble cake mix with oleo. Remove 1 cup for topping. Add milk and eggs to the cake mix; beat for 2 minutes. Pour into greased and floured 9x13 inch pan. Mix cream cheese, sugar, lemon juice, and lemon rind till well blended. Drop by teaspoonful over the cake batter. Sprinkle top with 1 cup mix and ½ cup chopped nuts. Bake at 350° for 30 to 40 minutes.

*Claudia Holms*

## TURTLE CAKE

**1 pkg. German chocolate cake mix**
**¼ lb. butter or oleo**
**1 (14 oz.) pkg. caramels**
**7 oz. (½ can) sweetened condensed milk**
**6 oz. chopped pecans**
**6 oz. semi-sweet chocolate chips**

Mix cake mix as directed on package. Pour ½ mix in greased and floured 9x13 inch pan. Bake in 350° oven for 15 minutes.

In double boiler, melt together butter, caramels and milk. Remove from heat. Cool butter mixture slightly; pour over baked half of cake. Pour over this the remaining cake batter. Sprinkle with pecans and chocolate chips. Bake in 350° oven for 20 to 25 minutes. Serve with whipped cream.

*Committee*

## SHERRY POPPY SEED CAKE

**1 pkg. yellow cake mix**
**1 small box instant vanilla pudding mix**
**4 eggs**
**¾ c. cooking oil**
**¾ c. sherry**
**¼ c. poppy seeds**

Mix all ingredients and beat for 5 minutes. Pour in a greased and floured angel food cake pan. Bake at 350° for 40 to 50 minutes.

*Nancy Bernson*

## CHOCOLATE CHERRY CAKE

**1 pkg. chocolate cake mix**
**2 eggs**
**1 tsp. almond extract**
**1 can cherry pie filling**

Mix well until moistened. Pour into 9x13 inch pan. Bake at 350° for 30 minutes. Cool cake.

Frosting:

**1½ c. white sugar**
**5 Tbsp. milk**
**6 Tbsp. butter**

Boil for 2 minutes. Add 6 ounces chocolate chips and ½ cup nuts. Pour over cake. It thickens as it cools.

*Nancy Bernson*

## TEXAS SHEET CAKE

**2 c. flour**
**1 tsp. baking soda**
**2 c. sugar**
**½ tsp. salt**

Boil:

**1 stick oleo**
**¼ c. cocoa (Hershey's dark)**
**1 c. water**

Bring to rapid boil; pour into dry ingredients.

Add:

**2 eggs**
**½ c. buttermilk**
**1 tsp. vanilla**

Mix well. Pour into a greased cookie sheet. Bake at 400° for about 20 minutes.

Frosting:

**6 Tbsp. buttermilk**
**¼ c. cocoa**
**1 stick oleo**

Bring to boil. Add 1 pound confectioners sugar, 1 teaspoon vanilla and 1 cup nuts (chopped). Beat well and pour on cake while cake is warm.

*D.M. Forbord*

## GURLI'S CUPCAKES

**2 c. sugar**
**2 eggs**
**½ c. Crisco**
**½ c. water**
**2½ c. flour**
**¼ tsp. baking powder**
**1¼ tsp. salt**
**¾ tsp. cinnamon**
**½ tsp. cloves**
**½ tsp. allspice**
**1½ tsp. soda**
**1 c. raisins**
**½ c. nuts, chopped**
**1½ c. applesauce**

Mix all ingredients and fill cupcake liners ½ full. Bake at 350° for 25 minutes.

*Gurli Ramsey*

## BUTTERSCOTCH CAKE

**1 c. chopped dates**
**1½ c. boiling water**
**½ tsp. soda**
**1 c. sugar**
**½ c. shortening**
**2 eggs**
**1 tsp. vanilla**
**1¾ c. flour**
**½ tsp. salt**

Mix dates, boiling water and soda. Let cool. Cream sugar and shortening. Add remaining ingredients plus date mixture. Pour into 8x12 inch greased pan. Sprinkle 6 ounces butterscotch chips over batter. Sprinkle 3 tablespoons sugar over batter. Bake at 350° for 45 minutes.

*Nancy Bernson*

## SWEET FRUITCAKE

**2 eggs**
**2 c. water**
**2 pkg. Pillsbury date quick bread mix**
**2 c. pecans, chopped**
**2 c. raisins**
**2 c. candied cherries***
**1 c. candied pineapple, cut in wedges***
**Corn syrup**

In large bowl, combine eggs and water. Add remaining ingredients. By hand, stir until combined. Pour into a greased and floured 10 inch tube pan. Bake at 350° for 75 to 85 minutes or until toothpick comes out clean. Cool for 30 minutes. Loosen edges and remove from pan. Cool for 30 minutes. Loosen edges and remove from pan. Wrap in plastic or foil and store in refrigerator. If desired, glaze with warm corn syrup before serving. Makes 24 to 36 servings.

* If desired, substitute 4 cups candied fruit mixture for candied cherries and pineapple.

*Committee*

## RHUBARB CAKE

**½ c. sugar**
**1 c. brown sugar**
**½ c. oleo**
**1 egg**
**2 c. flour**
**1 tsp. soda**
**1 c. buttermilk**
**1½ c. chopped rhubarb**
**½ c. nuts, chopped**

Cream sugar and oleo. Beat in egg. Add flour and soda mixed with buttermilk. Beat well. Stir in rhubarb and nuts. Pour into 9x13 inch pan. Sprinkle top with ½ cup sugar mixed with 1 teaspoon cinnamon. Bake at 350° for 35 minutes.

*Claudia Holms*

## BANANA CAKE

**1½ c. sugar**
**½ c. Crisco**
**2 eggs**
**2 bananas, mashed**
1 cup buttermilk
**1 tsp. vanilla**
**2 c. flour**
**1 tsp. soda**
**1 tsp. baking powder**

Combine and pour into 9x13 inch pan. Bake at 350° for 30 to 35 minutes. Frost when cool.

Frosting:

**1 c. brown sugar**
**¼ c. milk**
**⅓ c. butter**

Boil for 2 minutes; let cool. Add 2 cups powdered sugar and vanilla.

*Claudia Holms*

## BANANA SPICE CAKE

**2½ c. sifted cake flour**
**1⅔ c. sugar**
**1¼ tsp. baking powder**
**1¼ tsp. baking soda**
**1 tsp. salt**
**¾ tsp. nutmeg**
**1½ tsp. cinnamon**
**½ tsp. ground cloves**
**⅔ c. vegetable shortening**
**⅔ c. buttermilk**
**1¼ c. ripe mashed bananas**
**2 eggs (unbeaten)**

Sift dry ingredients into large mixer bowl. Add shortening, buttermilk and mashed bananas; mix until all flour is dampened. Beat at low speed for 2 minutes. Add eggs; beat for 1 minute. Turn batter into three 8 inch or two 9 inch greased and floured layer cake pans. Bake in 350° oven for 30 to 35 minutes or until cake springs back when lightly touched with finger tip.

Seafoam Frosting:

**2 egg whites**
**1½ c. brown sugar, firmly packed**
**5 Tbsp. water**
**Dash of salt**
**1 tsp. vanilla**

Combine egg whites, brown sugar, water, and salt in top of double boiler. Beat slightly to mix. Place over rapidly boiling water. Beat with rotary eggbeater or electric mixer at high speed until frosting stands in peaks, about 7 minutes. Remove from heat. Add 1 teaspoon vanilla; beat for 1 to 2 minutes, until thick enough to spread.

*Delphine Forbord*

## WATERGATE CAKE

**1 pkg. white or yellow cake mix**
**1 c. salad oil**
**3 eggs**
**1 c. 7-Up or ginger ale**
**1 (3½ oz.) pkg. instant pistachio pudding mix**
**½ c. coconut**
**½ c. chopped pecans or walnuts**

Mix cake mix, salad oil, eggs, ginger ale, and pudding mix; beat for 5 minutes at medium speed. Fold in nuts and coconut. Pour into greased and floured 9x13 inch pan. Bake in 325° oven for 45 to 50 minutes. Let cool thoroughly.

Frosting:

**2 env. dry whipped topping mix**
**1½ c. cold milk**
**1 (3½ oz.) pkg. instant pistachio pudding mix**
**Coconut (optional)**
**Nuts (optional)**

Mix together and whip until thick enough to spread. Refrigerate cake.

*Karen Grubka*

## ITALIAN CREAM CAKE

**2 c. white sugar**
**1 stick oleo**
**2 c. coconut**
**½ c. Crisco**

Cream together.

Add:

**5 egg yolks (one at a time)**
**1 tsp. vanilla**
**1 c. buttermilk**
**2 c. flour**
**1 tsp. soda**
**½ tsp. salt**
**1 c. chopped nuts**

Beat the 5 egg whites and fold in last. Grease and flour 3 round 9 inch cake pans. Cool and frost.

Frosting:

**1 stick oleo**
**1 (8 oz.) cream cheese**
**1 tsp. vanilla**
**1 box powdered sugar**
**1 c. coconut**
**½ c. chopped nuts**

Add a little milk if too stiff.

*Orie Ross*

## DOUGLASS HONEY CAKE

**4 oz. flour**
**4 oz. Castor sugar**
**4 oz. butter**
**4 oz. ground almonds**
**1 tsp. baking powder**
**½ c. honey**
**2 eggs**

Sift flour and baking powder together; add ½ the ground almonds. Cream the butter and sugar. Add gradually the well beaten eggs and the flour (a little of each alternately). Beat thoroughly and pour into 2 small well greased sandwich tins. Bake in hot oven for about 20 minutes or until well risen and firm.

Blend remainder of ground almonds with the honey. When the cakes are cold, spread one with the mixture and place the other on top. If desired, it may be iced and decorated, but is usually eaten plain.

*Elsie Larson*

## WHITE FROSTING

**1 c. milk**
**3 Tbsp. flour**
**1 c. sugar**
**1 c. oleo**
**Vanilla**

Cook milk and flour until thick; let cool. Beat well the sugar, oleo and vanilla. Add second mixture.

*Helen Jacobson*

## BROILED FROSTING

**5 Tbsp. sugar**
**3 Tbsp. cream**
**3 Tbsp. butter**
**½ c. cocoanut**
**½ c. pecans, chopped**

Spread on hot cake and put under broiler until browned, just a few minutes.

*Helen Jacobson*

## BROWN SUGAR FROSTING

**½ c. butter**
**¼ c. milk**
**1 c. brown sugar**

Boil for 2 minutes. Cool; add 2 cups 4X sugar and vanilla.

*Helen Jacobson*

## CHOCOLATE FROSTING

**2½ Tbsp. flour**
**½ c. milk**
**½ c. shortening**
**Salt**
**½ c. sugar**
**½ tsp. vanilla**
**½ c. cocoa**
**1 c. 4X sugar**

Mix flour and milk; cook till a paste. Set in water to cool. Cream in shortening, salt and sugar. Add paste and beat till fluffy. Add vanilla and cocoa. Add 4X sugar.

*H. Silvey*

## CRISP WHITE COOKIES

**1 egg, well beaten**
**1 c. sugar**
**½ c. shortening**
**¼ c. milk**
**1 tsp. vanilla**
**2¼ c. flour**
**½ tsp. soda**
**½ tsp. salt**
**3 tsp. baking powder**

Mix all ingredients and chill. Roll out thin and bake in 400° oven.

*Emma Swanson*

## HOLIDAY COOKIES

**1¼ c. oleo**
**⅔ c. brown sugar**
**1 tsp. vanilla**
**2 c. flour**
**½ c. cocoa**
**Salt**
**2 c. chopped nuts**

Cream first 3 ingredients together. Add flour, cocoa and salt. Blend in nuts. Form in balls. Bake at 350° for 20 minutes. Cool and roll in powdered sugar.

*Committee*

## ORPHAN CHRISTMAS COOKIES

**1 c. oleo**
**1 c. chunky peanut butter**
**1 c. powdered sugar**
**2 c. Rice Krispies**

Mix and form into balls.

Topping:

**6 oz. chocolate chips**
**1 large Hershey's bar**
**Scant ½ slab paraffin**

Melt in double boiler and dip balls in chocolate; place on wax paper.

*Claudia Holms*

## FILLED COOKIES

**2 c. flour**
**2 c. oatmeal**
**1½ c. brown sugar**
**1 tsp. soda**
**½ tsp. salt**
**1 c. melted butter**

Mix well the dry ingredients, then add melted butter. Pack ½ mixture in 9x13 inch pan. Bake at 350° for 10 to 15 minutes. Spread on baked cookies 1 can cherry pie filling with almond extract. Put remaining ½ mixture on top. Bake for 20 to 30 minutes.

*Committee*

## PEANUT BUTTER CRINKLES

**1 c. oleo**
**1 c. peanut butter**
**1 c. sugar**
**1 c. firmly packed brown sugar**
**2 eggs**
**1 tsp. vanilla**
**2½ c. unsifted flour**
**1 tsp. baking powder**
**1 tsp. soda**
**1 tsp. salt**
**Sugar, nuts, chocolate kisses, jam, or jelly**

In bowl with mixer at medium speed, beat first 6 ingredients until fluffy. At low speed, beat in next 4 ingredients. Shape into 1 inch balls. Roll in sugar. Place 2 inches apart on ungreased cookie sheet. Bake in 350° oven for 12 to 15 minutes or until browned. Immediately press nuts or kisses into cookie or press with thumb and fill with jam. Store in airtight container. Makes 6 dozen.

*Committee*

## PINEAPPLE COOKIES

**2 c. sifted flour**
**1 tsp. baking powder**
**1 tsp. baking soda**
**1 tsp. salt**
**½ c. soft shortening**
**1 c. sugar**
**1 egg**
**½ tsp. vanilla**
**½ c. drained, crushed pineapple**
**¼ tsp. nutmeg**
**1 Tbsp. sugar**

Sift together flour, baking powder, baking soda, and salt. Mix until creamy the shortening, sugar, egg, and vanilla. Add pineapple. Add flour mixture. Drop by teaspoon 2 inches apart onto greased cookie sheet. Sprinkle cookies with mixture of ¼ teaspoon nutmeg and 1 tablespoon sugar. Bake at 375° for 12 minutes.

*Nancy Bernson*

## APRICOT SQUARES

**2 c. flour**
**½ c. powdered sugar**
**1 c. butter or margarine**
**½ c. ground nuts**
**1 (12 oz.) jar apricot jam**

Stir together flour and powdered sugar. Cut in butter. Put aside about ¾ cup of the mixture (add nuts, for topping). Press rest into 9x13 inch ungreased pan; bake at 350° for 20 minutes. Spread with jam. Sprinkle on the topping. Bake for 20 more minutes. Cool; cut into squares.

*Nancy Bernson*

## OATMEAL COOKIES

**1 c. shortening**
**1½ c. brown sugar**
**2 eggs**
**½ c. milk**
**1 tsp. soda**
**1 tsp. baking powder**
**1 tsp. salt**
**1 tsp. cinnamon**
**1 tsp. nutmeg**
**2 c. flour**
**3 c. quick cooking rolled oats**
**½ c. raisins**
**½ c. walnut meats**

Cream together shortening, brown sugar and eggs till fluffy. Stir in milk. Sift together flour, soda, baking powder, salt, and spices. Stir into creamed mixture. Stir in rolled oats, raisins and nuts. Drop from tablespoon 2 inches apart onto greased cookie sheet. Bake in hot 400° oven for 8 to 10 minutes.

*Elsie Larson*

## CHOCOLATE CHIP BARS

**1 c. shortening**
**½ c. white sugar**
**½ c. brown sugar**
**3 egg yolks**
**1 Tbsp. cold water**
**1 Tbsp. vanilla**
**2 c. flour**
**1 tsp. soda**
**3 egg whites**
**⅛ tsp. salt**
**1 large pkg. chocolate chips**
**1 c. brown sugar**
**1 c. chopped salted peanuts**

Cream shortening and sugar. Blend in egg yolks. Add water and vanilla alternately with flour, soda and salt. Spread in jelly roll pan. Sprinkle with chocolate chips. Beat egg whites until stiff. Beat in brown sugar. Spread over chips. Top with nuts. Bake at 350° for 20 to 30 minutes. Cool and cut.

*Nancy Bernson*

## BUTTERSCOTCH COOKIES

**¾ c. brown sugar**
**¾ c. white sugar**
**1 c. shortening**
**2 eggs**
**1 Tbsp. hot water**
**1½ c. flour**
**1 tsp. soda**
**1 pkg. butterscotch chips**
**1 c. walnuts**
**1 tsp. vanilla**
**2 c. oatmeal (quick)**

Cream shortening and sugar. Add eggs, then hot water. Add flour mixed with soda. Add nuts, oatmeal and vanilla, then chips. Drop by teaspoon onto cookie sheet. Bake at 375° for 10 to 13 minutes.

*Evelyn Olsen*

## BUTTERSCOTCH THINS

Arrange 20 to 24 square graham crackers on a greased jelly roll pan.

Mix:

**1 c. butter or oleo**
**1 c. brown sugar**

Stir together and boil for 2 minutes. Remove from heat. Add 1 cup broken pecans. Spoon over crackers. Bake at 350° for 10 minutes. Cut in pieces while warm.

*Committee*

## CARAMEL PECAN BARS

**1 c. flour**
**½ c. oleo**
**1 c. oatmeal (quick)**
**1 c. brown sugar**
**¼ tsp. soda, dissolved in 2 Tbsp. water**

Press into 9x13 inch pan. Bake at 350° for 15 minutes.

Topping:

**2 beaten eggs**
**1 c. coconut**
**¾ c. butterscotch bits**
**1 c. brown sugar**
**1 c. nuts**

Combine and spread over baked crust. Bake for 15 more minutes.

*Claudia Holms*

## CHOCOLATE CHIP OATMEAL COOKIES OR BROWNIES

**1 c. oleo**
**⅔ c. brown sugar**
**⅔ c. white sugar**
**2 eggs**
**1 tsp. vanilla**
**1 c. flour**
**1 tsp. baking powder**
**1 tsp. salt**
**1 tsp. cinnamon**
**1 tsp. nutmeg**
**2 c. quick oatmeal**
**2 c. chocolate chips**

Combine all ingredients and if you want cookies, drop by teaspoon onto cookie sheet. Bake at 375° for 10 to 12 minutes. For brownies, spread on jelly roll pan and bake at 375° for 25 to 30 minutes.

*Committee*

## CHRISTMAS COOKIES

**1 c. powdered sugar**
**1 lb. butter**
**1 tsp. vanilla**
**½ tsp. salt**
**3½ c. flour**
**2 c. nuts, chopped fine**

Chill for 2 hours. Roll into small balls. Bake at 350° for 12 to 15 minutes. Roll in powdered sugar while hot.

*Committee*

## MINCEMEAT COOKIES

**1 c. Crisco**
**1½ c. sugar**
**3½ c. flour**
**½ c. chopped nuts**
**1 c. raisins**
**2 eggs**
**½ tsp. salt**
**1 tsp. soda**
**1⅓ c. mincemeat**

Combine ingredients and drop on greased cookie sheet. Bake at 375° for 10 to 12 minutes.

For bars, spread on 10x12 inch pan. Bake at 375° for 25 minutes. Frost the bars with a white frosting after they have cooled. Freeze very well.

*Doris Scofield*

## LEMON BARS

**2 c. flour**
**1 c. oleo or butter**
**½ c. powdered sugar**

Mix well with fork; press into 9x13 inch pan. Bake at 350° for 20 to 25 minutes.

While baking, mix with hand beater:

**4 eggs**
**4 Tbsp. lemon juice**
**4 Tbsp. flour**
**2 c. sugar**
**1 tsp. baking powder**

Pour over baked crust. Bake an additional 25 minutes at 350°. Sprinkle with powdered sugar and cool.

*Karen Grubka*

## MOLASSES COOKIES

**¾ c. shortening**
**1 c. sugar (white)**
**¼ c. molasses (Brer Rabbit)**
**½ tsp. cloves**
**1 tsp. cinnamon**
**2 tsp. soda**
**½ tsp. ginger**
**½ tsp. salt**
**1 egg**
**2 c. flour**

Melt shortening over heat; let cool. Add sugar, molasses and egg; beat well. Sift flour, soda, salt, and spices. Add to first mixture. Mix well and chill. Form in 1 inch balls and roll in sugar. Place balls on greased cookie sheet 2 inches apart. Bake at 350° for 10 to 12 minutes. Makes 30 cookies.

*Helen Silvet*

## MONSTER COOKIES

**1 c. white sugar**
**1¼ c. brown sugar**
**1½ c. peanut butter**
**3 eggs**
**½ c. oleo**
**2 tsp. soda**
**½ lb. M&M's candies**
**½ lb. chocolate chips**
**4½ c. quick oats**

Mix all ingredients and set in freezer for 10 minutes. Roll in balls; place on cookie sheet. Bake at 350° for 12 to 15 minutes.

*Claudia Holms*

## NUTTY CRUNCH BARS

**1 (family size) pkg. Duncan Hines brownie mix**
**3 eggs, separated**
**¼ c. water**
**1 c. shredded coconut**
**¾ c. chopped nuts**
**¾ c. sugar (brown)**

Preheat oven to 350°. Grease bottom and sides of 9x13 inch pan.

Empty brownie mix and chocolate flavor packet into bowl. Add 3 egg yolks, reserving egg whites for topping. Add ¼ cup water; stir with spoon until smooth. Spread batter evenly in pan. Sprinkle with coconut and nuts.

Combine brown sugar and egg whites. Pour over coconut and nuts. Bake at 350° for 35 to 45 minutes. Cool completely before cutting.

*Karen Grubka*

## SHORTBREAD

**8 oz. butter***
**4 oz. sugar**
**14 oz. flour**

Mix butter and sugar thoroughly. Mix flour; gradually work into the butter/sugar mixture. *Do not overmix.* Do not roll out, but instead, press with the hand into 2 round cakes in 2 ungreased cake tins. Prick all over with a fork. Bake in a moderate 325° oven for 45 to 60 minutes, until browned. The shortbread will still be soft when removed from the oven. Let cool a little and then turn out carefully on a wire tray.

When cold and crisp, wrap in wax paper and store in airtight container.

* Please note, you must use butter.

*Elsie Larson*

## SCOTCH COOKIES

**12 oz. sugar (1½ c.)**
**8 oz. butter (1 c.)**
**½ c. molasses**
**2 eggs**
**¼ tsp. soda**
**¾ tsp. baking powder (optional)**
**1 lb. flour plus 4 oz. (5 c.)**
**½ c. water**
**½ tsp. salt**
**Cinnamon and allspice to taste**

Mix all preceding ingredients; roll out and cut. Brush with white of egg. Bake at 350° for 10 to 12 minutes.

*Elsie Larson*

## OATMEAL COOKIES

**½ c. brown sugar, firmly packed**
**½ c. white sugar**
**½ c. shortening**
**1 egg**
**1 Tbsp. milk**
**1 tsp. vanilla**
**½ tsp. baking powder**
**½ tsp. soda**
**½ tsp. salt**
**1 c. quick oats**
**1 c. flour**
**Raisins to suit**

Beat brown sugar, white sugar, shortening, egg, vanilla, and milk until smooth. Sift flour, baking powder, soda, and salt. Add all at once to egg mixture. Steam raisins. Cool before adding to mixture. Drop by teaspoon onto cookie sheet. Bake at 350° for 10 to 12 minutes.

*Committee*

## CRISP SUGAR COOKIES

**1 egg, well beaten**
**1 c. sugar**
**½ c. shortening**
**¼ c. milk**
**1 tsp. vanilla**
**2¼ c. flour**
**½ tsp. soda**
**3 tsp. baking powder**

Mix all ingredients; chill. Roll out and cut into desired shapes. Bake at 400° for 7 to 10 minutes.

*Committee*

## ORIGINAL NESTLE TOLL HOUSE COOKIES

**2¼ c. unsifted flour**
**1 tsp. baking soda**
**1 tsp. salt**
**1 c. butter, softened**
**¾ c. white sugar**
**¾ c. brown sugar, firmly packed**
**1 tsp. vanilla**
**2 eggs**
**1 (12 oz.) Nestle semi-sweet chocolate morsels**
**1 c. chopped nuts**

Preheat oven to 375°. In small bowl, combine flour, baking soda and salt; set aside. In large bowl, combine butter, sugar, brown sugar, and vanilla. Beat until creamy. Beat in eggs. Gradually add flour mixture; mix well. Stir in chocolate morsels and nuts. Drop by rounded teaspoonfuls onto ungreased cookie sheet. Bake at 375° for 8 to 10 minutes. Makes 100 (2 inch) cookies.

*Committee*

## RICE KRISPIES BARS

**1 c. sugar**
**½ c. butter or oleo**
**1 c. white Karo syrup**
**1 c. peanut butter**
**6 c. Rice Krispies**
**1 c. peanuts**

Boil first 3 ingredients. Add peanut butter; mix until smooth. Add rest of ingredients. Press into 9x13 inch buttered pan. Melt 6 ounces chocolate chips and 6 ounces butterscotch chips. Pour on and smooth out.

*Claudia Holms*

## PEANUT BLOSSOMS

Sift together:

**1¾ c. sifted flour**
**1 tsp. soda**
**½ tsp. salt**

Cream together:

**½ c. shortening**
**½ c. peanut butter**

Gradually add ½ cup sugar and ½ cup firmly packed brown sugar. Cream well.

Add:

**1 unbeaten egg**
**2 Tbsp. milk**
**1 tsp. vanilla**

Beat well. Blend in dry ingredients gradually. Shape into balls. Roll in sugar. Place on ungreased cookie sheet. Bake at 375° for 8 minutes. Remove from oven and place a solid milk chocolate kiss on top of each cookie, pressing down so that cookie cracks around the edge. Return to oven. Bake for 2 to 5 minutes longer.

*Committee*

## RANGER COOKIES

**1 c. shortening**
**1 c. brown sugar**
**1 c. white sugar**
**2 eggs (unbeaten)**
**1 tsp. vanilla**
**1 tsp. soda**
**½ tsp. baking powder**
**½ tsp. salt**
**2 c. flour**
**2 c. quick oatmeal**
**2 c. Rice Krispies**
**1 c. coconut**

Mix together thoroughly shortening and white and brown sugar. Add unbeaten eggs and vanilla. Sift together soda, baking powder, salt, and flour; add to first mixture. Add oatmeal, Rice Krispies and coconut. Mold in small balls and flatten a little. Bake in 375° oven for 10 to 12 minutes. Yields 6 dozen.

*D.M. Forbord*

## CHRISTMAS STARS

**24 oz. white star candies**
**1 Tbsp. peanut butter**

Melt these 2 in double boiler.

Add:

**2 c. Spanish peanuts**
**2 c. Rice Krispies**

Mix well and add 2 cups mini marshmallows. Mix and drop by teaspoon onto wax paper. Let cool.

*Nancy Bernson*

## BLUEBERRY BUTTERSCOTCH SQUARES

**1½ c. unsifted flour**
**½ tsp. salt**
**¼ tsp. baking soda**
**¾ c. butter**
**1 c. granulated sugar**
**2 eggs**
**1½ c. blueberries***
**½ (5½ oz.) pkg. butterscotch chips**
**½ c. chopped pecans**
**2 Tbsp. brown sugar**

Mix flour, salt and baking soda. Cream butter until fluffy. Gradually beat in sugar. Beat in eggs one at a time. Stir in dry ingredients. Fold in blueberries. Spread mixture into a well greased 9x13 inch pan. Sprinkle with chips, pecans and brown sugar. Bake in 350° oven for about 30 minutes. Top should be lightly browned.

* If using frozen berries, use more.

*Edna Mathiasen*

## RHUBARB CRUNCH

**1 c. brown sugar**
**1 c. flour**
**¾ to 1 c. quick oatmeal**
**½ c. butter or oleo, melted**
**1 tsp. cinnamon**
**4 c. rhubarb, diced**
**1 c. sugar**
**1 c. water**
**2 Tbsp. cornstarch**
**1 tsp. vanilla**

Mix flour, oatmeal, brown sugar, butter, and cinnamon. Press ½ mixture in 9x13 inch greased pan. Cover with rhubarb. Cook white sugar, water and cornstarch until clear. Add vanilla. Pour over rhubarb. Cover with remaining crumbs. Bake at 350° for 30 to 40 minutes.

*Committee*

## RHUBARB CRUMBLE

Sauce:

**1 c. sugar**
**3 Tbsp. flour**
**1 c. boiling water**
**Few drops red food coloring**

Combine all of the preceding ingredients; cook, stirring, until smooth and thick. Make alternate layers of 4 cups rhubarb and sauce in baking dish.

Top with the following mixture:

**1 c. brown sugar**
**1 c. flour**
**¾ c. quick cooking oats**
**½ c. melted butter**

Bake at 350° for 45 minutes to 1 hour.

This can be served warm with whipped cream or plain or chilled.

*Edna Mathiasen*

## CHOCOLATE ECLAIR DESSERT

Line a 9x13 inch pan with whole graham crackers. Mix 2 packages instant French vanilla pudding with 3 cups milk. Add 1 (9 ounce) carton frozen whipped topping. Pour over the graham crackers. Cover with another layer of graham crackers.

Topping:

**3 Tbsp. oleo**
**3 Tbsp. milk**
**3 oz. melted unsweetened baking chocolate**
**1 tsp. vanilla**
**2 Tbsp. corn syrup**

Add 1½ cups sifted powdered sugar. Spread over the top layer of crackers. Refrigerate. Cut in squares to serve.

*Del Forbord*

## DANISH AEBLESKIVER

**3 eggs**
**2 Tbsp. sugar**
**2½ c. buttermilk**
**3 c. flour**
**1 tsp. soda**
**1 tsp. baking powder**
**½ tsp. salt**
**Grated rind of ½ lemon (optional)**
**1 tsp. vanilla**

Beat eggs well. Add sugar, vanilla and buttermilk, then flour, salt, baking powder, and soda sifted together. Heat aebleskiver pan. Put 1 teaspoon melted butter in each hole, then fill ½ full of the batter. When browned on one side and full of bubbles, turn finished product.

*Committee*

## PUMPKIN PIE DESSERT SQUARES

**1 pkg. yellow cake mix (save 1 c.)**
**½ c. oleo**
**1 egg**

Mix cake mix with oleo until crumbly; add egg. Press into 9x13 inch pan.

Mix:

**1 large can pumpkin**
**1½ c. sugar**
**1 tsp. ginger**
**2 tsp. cinnamon**
**1 tsp. cloves**
**2 eggs**
**⅔ c. milk**

Mix the preceding ingredients and pour over crust.

Topping:

**1 c. cake mix**
**¼ c. sugar**
**1 tsp. cinnamon**
**¼ c. oleo**

Cut oleo into the dry ingredients; sprinkle over top. Bake at 350° for 45 minutes.

*Edna Mathiasen*

## PECHES CARDINEL

**4 to 6 peach halves (canned or fresh)**
**Vanilla syrup**
**1 pkg. frozen raspberries**

Vanilla syrup (2 water to 1 sugar ratio):

**1 c. water**
**½ c. sugar**
**1 Tbsp. vanilla**

Cook on low heat until blended. Poach gently the peaches in sauce until tender and vanilla is absorbed. Remove peaches from syrup and chill. Place in sherbets oval side up. Top with Cardinel Sauce. Add dollop of whipped cream.

Cardinel Sauce: Defrost raspberries. Puree in sieve to remove seeds. Sweeten with powdered sugar; use 3 to 4 tablespoons or to taste.

*Marty Hustwick*

## BLUEBERRY DELIGHT

**2 c. flour**
**½ c. brown sugar**
**1 c. crushed nuts**
**1 c. oleo**

Line 9x13 inch baking pan. Bake at 375° for 15 to 20 minutes. Let cool. Loosen sides and bottom with spatula.

**2 env. Dream Whip mixed with milk**
**1 (8 oz.) cream cheese**
**½ c. powdered sugar**

Mix; spread on crust. Refrigerate for 3 hours. Spread when ready to serve with 1 can of blueberry pie filling.

*Committee*

## BLUEBERRY DESSERT

**1¼ c. graham cracker crumbs**
**¼ c. melted butter**
**½ c. 4X sugar**

Mix and put in 9x13 inch pan.

Mix:

**2 eggs**
**1 (8 oz.) cream cheese**
**½ c. sugar**

Put on top of first mixture. Bake at 325° for 20 minutes. Cool and put a can Thank You berries on top; let set.

*Bertha S.*

## ORANGE FLUFF

Crust:

**¾ c. vanilla wafer crumbs**
**½ c. chopped nuts**
**¼ c. melted butter**

Line bottom of 8x8 inch pan with ½ crumb mixture. Save ½ for top.

**24 large marshmallows**
**½ c. frozen orange juice concentrate**
**1 c. whipped cream**

Heat marshmallows and juice, stirring, until marshmallows are melted. Cool thoroughly. Fold in whipped cream. Pile into crumb crust. Top with reserved crumbs. Chill until firm.

*Nancy Bernson*

## CREAMY RICE PUDDING

**⅓ c. rice**
**¼ c. water**
**5 c. heated half milk and cream**
**½ c. sugar**
**2 eggs, slightly beaten**
**3 Tbsp. oleo, melted**
**1 tsp. vanilla**

Cook ⅓ cup rice in ¼ cup water until the water is gone. Add heated half milk and half cream; cook very slowly, stirring most of the time, until thick, 35 to 45 minutes. Add sugar. Add slowly eggs, melted butter and vanilla. Chill and serve.

*Committee*

## CHERRY TORTE

**1 Tbsp. melted butter**
**1½ c. sugar**
**1 c. sifted flour**
**1 tsp. soda**
**1 tsp. cinnamon**
**½ tsp. salt**
**2 c. sour cherries, drained**
**1 well beaten egg**
**½ c. nutmeats**

Blend butter and sugar. Sift dry ingredients and add to sugar. Add nuts and cherries. Fold in egg and blend. Pour into greased 7x11 inch pan. Bake at 350° for 40 to 46 minutes.

Sauce:

**½ c. sugar**
**½ tsp. salt**
**1½ tsp. cornstarch**
**1 Tbsp. butter**
**1 c. cherry juice**

Combine sugar, salt and cornstarch. Add cherry juice and cook, stirring, until clear. Add butter and stir. Serve warm over torte. Garnish with whipped cream.

*Nancy Bernson*

## LEMON CREAM DELIGHT

Cook in double boiler:

**2 beaten eggs**
**5 Tbsp. ReaLemon juice**
**5 Tbsp. sugar**

Stir constantly until thick. While hot, add 2 tablespoons butter and 4 cups mini marshmallows. *Cool.*

Whip 1 cup whipping cream with 2 tablespoons sugar. Fold in 2 cups diced pineapple. Add 3 bananas (cut up). Mix all ingredients gently. Refrigerate overnight.

*Nancy Bernson*

## BANANA SPLIT CAKE DESSERT

Melt 1 stick oleo in 9x13 inch pan. Sprinkle 1½ cups graham crackers over melted oleo.

Beat at low speed for 10 minutes:

**2 c. powdered sugar**
**2 egg whites**
**1 stick oleo**

Spread over crumbs.

Place in order over crumbs:

**4 bananas, sliced lengthwise**
**1 large can crushed pineapple, drained**
**1 large bowl Cool Whip (on top)**

Top with maraschino cherries and chopped nuts.

*Claudia Holms*

## FRENCH CUPCAKES

**3 sq. semi-sweet chocolate**
**2 c. powdered sugar**
**1 c. butter (½ oleo, ½ butter)**
**3 eggs, separated**
**1 tsp. vanilla**
**½ c. nutmeats**

Melt chocolate and cool. Cream powdered sugar and butter. Add chocolate. Add egg yolks to butter mixture. Also add nutmeats and vanilla. Beat egg whites until stiff. Fold into mixture.

Mix:

**¾ c. graham cracker crumbs**
**2 Tbsp. softened butter or oleo**
**2 Tbsp. sugar**

Press about 1 tablespoon preceding mixture into bottom of cupcake liner. Add the chocolate mixture level with top of liner. Chill. Makes about 20.

*Del Forbord*

## RAISIN BREAD PUDDING

**3¾ c. milk**
**5 eggs**
**½ c. sugar**
**1½ tsp. vanilla**
**⅛ tsp. salt**
**3 c. raisin bread cubes**

Mix all and pour into greased casserole. Bake at 325° for 1¼ hours.

*Committee*

## PEACH KUCHEN

**1 (2 layer) white cake mix**
**½ c. coconut**
**½ c. oleo**
**1 (1 lb. 13 oz.) can sliced peaches, drained (3 c.)**
**2 Tbsp. sugar**
**½ tsp. cinnamon**
**1 c. sour cream**
**1 slightly beaten egg**

Combine cake mix and coconut; cut in oleo till mixture resembles coarse crumbs. Lightly press into bottom and ½ up sides of 9x13 inch baking pan. Bake at 350° for 10 to 15 minutes.

Arrange peach slices over crust. Combine sugar and cinnamon; sprinkle evenly over peaches. Blend sour cream with egg; pour over all. Bake at 350° just till sour cream is set, about 10 minutes.

*Evelyn Olsen Roys*

# Beverages, Microwave, Miscellaneous

# MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat left-over custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

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## OYSTER CRACKER SNACK

**1 c. olive oil**
**1 pkg. Hidden Valley original salad dressing mix**
**1 Tbsp. dill weed**
**1 Tbsp. garlic powder**

Mix ingredients and pour over 1 package oyster crackers. Store in plastic bag.

*Nancy Bernson*

## PEANUT BRITTLE

**2 c. white sugar**
**1 c. white Karo syrup**
**½ c. water**

Cook to soft ball.

Add:

**1 tsp. butter**
**2 c. peanuts**

Cook until golden brown, approximately 6 minutes. Remove from heat. Add 1 teaspoon vanilla and 1½ teaspoons soda. Beat until foamy. Pour into well buttered cookie sheet.

*Claudia Holms*

## GELATIN DIVINITY

**3 c. sugar**
**¾ c. white corn syrup**
**¾ c. water**
**¼ tsp. salt**

Butter sides of large cooking pan. Combine ingredients in pan. Cook to 250°. Remove from heat. Have 2 egg whites beaten to soft peaks. Add ½ package lime or cherry gelatin. Add a little green food coloring if using lime. Add syrup slowly to egg white mix. Continue to beat until candy loses its gloss. Add chopped nuts if desired. Drop from spoon onto wax paper.

*Nora Whitmore*

## CARAMEL CORN

Place 8 cups popped corn in large roaster. Put in 250° oven to keep warm.

Combine:

**1 stick oleo**
**1 c. brown sugar**
**¼ c. white Karo**
**½ tsp. salt**

Boil over medium to low heat for 5 minutes. Remove. Add 1 teaspoon vanilla and ⅛ teaspoon soda. Pour this mixture over the corn. Return to 250° oven for 1 hour. Stir every 15 minutes. Turn into buttered bowl. When cool, break into chunks.

*Bobbie Woods*

## OVEN CARAMEL CORN

**2 c. brown sugar**
**1 c. oleo**
**½ c. corn syrup**
**6 qt. popped corn**
**1 tsp. soda**
**1 tsp. salt**
**1 tsp. butter flavoring**

Combine sugar, oleo, syrup, and salt. Bring to boil; boil for 5 minutes. Remove from heat. Add soda and butter flavoring. Pour over popped corn and stir. Bake at 250° for 45 minutes, stirring every 15 minutes. Cool and store in tightly covered container.

*Claudia Holms*

## FANTASY FUDGE

**3 c. sugar**
**¾ c. oleo**
**⅔ c. evaporated milk**
**1 (12 oz.) chocolate chips**
**1 small jar marshmallow cream**
**1 c. nuts**
**Vanilla**

Bring to boil the first 3 ingredients for 5 minutes. Add chocolate chips, marshmallow cream, nuts, and vanilla. Beat well. Pour into 9x13 inch pan.

*Committee*

## FUDGE

**4½ c. sugar**
**1 can Pet milk**
**1 stick oleo**
**3 bars German's sweet chocolate**
**1 large Hershey's bar**
**12 oz. chocolate chips**
**1 tsp. salt**
**2 tsp. vanilla**
**1 pt. marshmallow cream**

Melt German's sweet chocolate, chocolate chips and Hershey's bar. Combine with marshmallow cream, salt and vanilla. Put in large pan the first 3 ingredients at low heat until sugar dissolves. Add the chocolate mixture; bring to a rolling boil and cook for 6 minutes. Makes 1 large and 1 small pan.

*Betty Stebleton*

## WATERMELON ICE

**4 c. watermelon, seeds removed and cubed**
**1 c. sugar**
**¼ c. lemon juice**

Put melon and sugar in blender; blend until smooth. Add lemon juice and mix. Freeze. Mix occasionally. Add blueberries, if desired, when serving.

*Helen Jacobson*

## FRUIT SOUP
## (Sot Soup)

**1 c. pitted dried prunes**
**¼ c. light or dark raisins**
**¼ c. currants**
**1 lemon, sliced**
**3 cinnamon sticks**
**¼ c. sugar**
**3 Tbsp. quick cooking tapioca**
**6 c. water**
**Dried apples (optional)**

Combine all ingredients in 3 quart saucepan. Add water. Bring to boil, stirring. Reduce heat; simmer, covered, for 20 minutes or until fruit is tender and tapioca is cooked. Remove the stick cinnamon. Serve either hot or cold.

*Del Forbord*

## LEFSE

**8 medium potatoes (baking)**
**1 tsp. salt**
**⅓ c. butter**
**2 Tbsp. shortening**

Boil potatoes with salt until very done. Mash very fine. Add butter and shortening. Beat until light and let cool.

Take 1 cup mashed potatoes. Add ½ cup flour and mix. Take a piece of dough about the size of an egg and roll very thin. Bake on lefse baker or pancake griddle. When baked, place between clean cloths to keep from drying out.

*D.M. Forbord*

## ROMMEGROT

**1 qt. sweet cream**
**1 c. flour**
**2 c. warm milk**
**1 tsp. salt**

Let cream come to a boil; continue boiling slowly for about 10 minutes. Gradually add the flour to the hot cream, mixing with a wire spoon. Keep stirring until fat appears. Remove and save.

Add a little more flour and the warm milk; stir until thick. A little more hot milk may be added if too thick. Serve with skimmed off butter, cinnamon and sugar.

*Committee*

## BERLINER - KRANSER

**1½ c. sugar**
**4 hard-boiled yolks**
**4 unbeaten egg yolks**
**1 tsp. vanilla or almond extract**
**1 lb. soft butter**
**About 6 c. sifted flour**

Rub sugar and hard-boiled yolks together. Mix raw egg yolks with butter. Co n-bine 2 mixtures. Add flour. Break off small pieces of dough. Roll and shape in form of a wreath. Dip in egg whites (beaten with fork until frothy), then in coarse sugar. Bake in moderate oven until lightly browned.

*Committee*

## SPRITS (SWEDISH)

**2 c. butter**
**1 c. sugar**
**2 eggs**
**2 Tbsp. sweet cream**
**1 tsp. vanilla**
**4 c. flour or more**

Cream butter and sugar. Add eggs, one at a time, beating thoroughly after each addition. Add the cream, flavoring, then the flour. Must work the last cups of flour in by hand. Force through an aluminum cookie press and bake in hot 375° oven.

*Del Forbord*

## KRINGA

**1½ or 1¾ c. sugar**
**1 stick butter, melted**
**2 tsp. anise seed (more)**
**2 tsp. baking soda**
**1 c. sour cream**
**1 c. buttermilk**
**1 egg**
**1 tsp. salt**
**About 6 c. flour**

Cream sugar and butter smooth and creamy. Add sour cream, buttermilk and egg. Add soda and flour. Do not overwork. Add part of flour in bowl, then add the remaining flour on a board and work like bread, little at a time. Roll and shape like a pretzel. Bake at 375° until lightly browned.

*Gramma Forbord*

## SPRITZ (AMERICAN)

**1 c. shortening**
**¾ c. sugar**
**1 egg**
**2¼ c. sifted flour**
**¼ tsp. salt**
**½ tsp. baking powder**
**1 tsp. vanilla**

Cream shortening and sugar well. Beat in egg and vanilla. Gradually add flour, sifted with the salt and baking powder. Fill Mirro aluminum cookie press. Form into desired shapes. Bake at 375° on ungreased cookie sheets. Yield: 6 dozen.

*Del Forbord*

## PARISERWAFIER - CREAM WAFER

**1 c. butter**
**⅓ c. cream (35% butter fat)**
**2 c. flour, sifted**

Mix well butter, cream and flour. Chill. Heat oven to 375°. Roll out dough ⅛ inch thick on floured board. Cut with 1½ inch cutter. Roll out only ⅓ of dough at a time; keep rest refrigerated. Transfer rounds to wax paper covered with granulated sugar. Turn each round so both sides are coated with sugar. Place on ungreased baking sheet. Prick each round with fork about 4 times. Bake at 375° for 7 to 9 minutes. Cool and put 2 cookies with filling (recipe following). Makes about 5 dozen double cookies.

Filling:

**¼ c. soft butter**
**¾ c. sifted confectioners sugar**
**1 egg yolk**
**1 tsp. vanilla**

Blend together. Tint pink and green.

*Del Forbord*

## SANDBAKKELSE

**1 lb. butter or oleo**
**2 eggs**
**2 c. sugar**
**4⅙ c. flour**
**1 tsp. almond flavoring or 2 tsp. cardamon**

Cream oleo. Add sugar, beaten eggs, flour, and flavoring. Work additional flour into dough till you have a semi-firm dough that can be pressed into sandbakkelse tins. Bake in 350° oven. Remove from oven and turn over on a cloth so you can remove them from the tins.

*Committee*

## FATTIGMAN

**6 eggs**
**2 Tbsp. sugar per each egg**
**2 Tbsp. cream per each egg**
**1 tsp. cardamon**
**Pinch of salt**
**Flour to make a soft dough**

Beat eggs and sugar for 30 minutes. Add cream and cardamon, then add enough flour to make a soft dough. Roll very thin. Cut in diamond shapes with slit in center; pull end through. Fry in deep fat. Very light in color.

*Committee*

## FATTIGSMAN

**3 egg yolks**
**3 Tbsp. sugar**
**3 Tbsp. heavy cream**
**¼ tsp. cardamon**
**1 tsp. whiskey**
**1¼ to 1½ c. sifted flour**

Beat egg yolks until light. Add sugar and cream. Beat well. Stir in cardamon and whiskey. Add flour. Mix well to make soft dough.

Roll out dough ⅛ inch thick on lightly floured board. Cut into 1½ inch wide strips. Cut strips diagonally every 4 inches. Make a 2 inch slit lengthwise in center. Slip one end through slit. Fry in deep fat (350°) until lightly browned, about 1½ minutes. Drain on paper towel. Cool.

*Nancy Bernson*

## ROSETTES

**4 eggs**
**2 Tbsp. sugar**
**½ tsp. salt**
**2 c. milk**
**2½ c. flour, sifted**

Beat eggs slightly, just enough to mix. Add sugar, salt and milk. Stir in flour gradually. Let stand for 10 minutes. If lumpy, strain. Fry in 3 inches Crisco.

Suggestions: Should the batter fail to stick mold, the iron is overheated. If rosettes blister, eggs were beaten too much. Take off rosette iron by cloth held in left hand. Redip in batter right away.

*Committee*

## KRUMKAKE

**1 c. sugar**
**½ c. butter, melted**
**½ tsp. flavoring (vanilla or rum)**
**3 eggs**
**½ c. whipping cream**
**About 2 c. flour**

Beat eggs until very light. Add sugar, melted butter, whipped cream, and flavoring. Add enough flour to handle easily, testing on hot iron. Place 1 teaspoon dough on Krumkake iron and bake until a very light brown. Remove and roll quickly on stick or carrot.

*Del Forbord*

## SWEDISH ICEBOX COOKIES

**½ c. oleo**
**1 egg, beaten**
**2 Tbsp. caraway seeds**
**¾ c. powdered sugar**
**1 tsp. vanilla**
**1½ c. flour**
**1 c. chopped nuts**

Cream oleo and sugar, beating well. Add eggs and vanilla; stir in caraway seeds with flour and nuts. Form into a roll. Wrap in wax paper and chill. Slice thin. Bake at 375° for 12 to 15 minutes.

*Alfreda Olsen*

## KRANSEKAKE

**1½ lb. almond paste**
**1½ c. granulated sugar**
**3 egg whites, slightly beaten**

Break almond paste into small pieces. Add sugar and egg whites. Mix together thoroughly using electric mixer. Partly fill a 12 inch pastry bag using a No. 6P pastry tube. Squeeze the dough into 18 Kransekake rings. Be sure to grease the rings well before filling. Bake in a preheated 325° oven for 20 minutes or until crusty and golden brown. Remove from rings as soon as cooled.

Frosting:

**1 egg white**
**3 to 4 drops vinegar**
**Confectioners sugar to make a thin icing**

Frost each ring and continue to place each ring till all 18 rings are put together. Make scallops on the sides of each ring.

*Committee*

## JULE - KAGE

**2 cakes yeast**
**½ c. lukewarm water**
**3 c. scalded milk**
**¾ c. sugar**
**2 tsp. salt**
**1 tsp. cardamon**
**1 c. chopped raisins**
**½ c. Crisco**
**10 c. flour**
**2 eggs**
**¾ c. chopped citron**

Dissolve yeast in water. Pour scalded milk over Crisco. When lukewarm, add yeast and sugar. Sift flour, salt and cardamon. Add ½ flour mixture to yeast mixture. Add eggs, one at a time, and beat well. Mix fruit with remaining flour. Knead in rest of

mixture and work on floured board until shiny. Form into a ball and let rise until double in bulk. Knead down and let rise again.

Shape into 4 loaves and place in greased pan. When double in bulk, bake in 350° oven for 1 hour. Remove and brush with melted butter; sprinkle with sugar.

*Committee*

## YULE KAKA - NORWEGIAN CHRISTMAS BREAD

**9 to 10 c. flour**
**1 Tbsp. salt**
**1¼ c. sugar**
**1 c. vegetable oil**
**3 pkg. yeast**
**½ tsp. cinnamon**
**1½ tsp. cardamon**
**3 eggs**
**2 c. milk**
**½ c. water**
**Grated rind of 1 orange**
**1 c. raisins**
**¼ c. citron, cut thin**
**¼ c. green cherries, cut in fourths**
**¼ c. red cherries, cut in fourths**
**¼ to ½ c. chopped nuts (optional)**

Put 3 cups flour in a bowl. Add yeast, cinnamon and cardamon. Heat milk, water and oil until quite warm. In large mixer bowl, beat the eggs. Slowly add the hot milk/water/oil mixture in which salt and sugar have been dissolved. Now, add the 3 cups flour/yeast and spice mixture. Mix well. Add grated orange rind. Flour candied fruit and raisins. Add about 3 cups flour to mixture in bowl. Beat well. If you add too much flour, the dough will climb the beaters.

Transfer mixture to a large bowl. Add the floured fruit. Mix well and add the balance of flour or additional to make a workable dough that's not sticky. Place dough in a greased bowl; cover. Let rise until double. Punch down and divide into loaves. Place in well greased pans. Let rise until double or ½ inch above pan. Bake at 350° for 30 to 35 minutes.

*Howard Hendricksen*

## JULE KAKKA

**3 cakes yeast**
**½ c. sugar (heaping)**
**¼ tsp. cardamon**
**2 eggs**
**2 c. lukewarm milk**
**2 tsp. salt**
**½ c. butter (heaping)**
**7½ c. flour (7 c. in dough, ½ c. to knead in)**
**Mixed fruit (candied) and raisins**

Put yeast in bowl. Add milk (scalded and cooled to lukewarm). Stir until yeast is dissolved. Add sugar, salt and cardamon. Beat in 3 cups flour. Add soft butter and slightly beaten eggs; beat well. Add fruit and remaining flour. Knead until smooth. Place in greased bowl. Cover and let rise for 2 hours. Punch down and rise for 1 more hour. Shape in loaves (3). Place in greased pans. Let rise for 1 hour. Bake at 375° for 35 to 40 minutes.

*Claudia Holms*

## NORWEGIAN PIZZA

Crust: Flatten 2 packages crescent rolls out on jelly roll pan. Bake as directed.

Top with:

**8 oz. cream cheese**
**⅔ c. salad dressing**
**2 tsp. dill**
**2 shakes garlic powder**

Mix and spread on cooled crust.

Spread with any combination of these:

**1 (16 oz.) can salmon, flaked**
**1 head chopped cauliflower**
**1 bunch chopped broccoli**
**3 chopped tomatoes**
**1 large can black olives, chopped**
**1 large can mushrooms**

Top with 12 ounces shredded Cheddar cheese. Broil until cheese is melted. Serve immediately. Serves 18.

*Nancy Bernson*

## DANISH PASTRY

**1 c. flour**
**½ c. butter**
**1 Tbsp. water**

Mix like pie crust; put on a cookie or pizza tin.

**1 c. water**
**½ c. butter**
**1 c. flour**
**3 eggs**
**1 tsp. vanilla (almond)**

Heat water and butter in pan till boiling. Take from heat. Add flour and stir in eggs one at a time. Beat after each egg. Add extract and spread on the first mixture. Bake at 350° for 55 minutes.

Cover with glaze: Heat 2 tablespoons milk and 2 tablespoons butter in saucepan. Add 2 cups confectioners sugar and ½ teaspoon vanilla. Drizzle over warm pastry.

*Del Forbord*

## LABSKAUS (NORTHERN NORWAY)

**4 raw potatoes, diced**
**1 medium onion, diced**
**1 can corned beef**

Add potatoes and onions; cover with water. Boil until the vegetables are done. Drain off the water and save. Stir with wooden spoon, then add the corned beef that has been broken into pieces. Mix and now ready to serve. If it is too thick, add some of the saved potato water.

*Delphine Forbord*

## LABSKAUS - NORWEGIAN STEW

**1 lb. beef shoulder, diced (can add pork)**
**½ lb. salt pork, diced**
**1 medium onion, sliced**
**4 to 6 raw potatoes, cut small**
**Salt and pepper**

Braise meat for a few minutes. Cover with water and simmer for 1 hour. When tender, add onion and potatoes. Season. Stir occasionally. Simmer until potatoes are done. For added color, add ¼ cup sliced carrots. If not thick enough, add a little flour.

*Dorothy Tomter*

## NORWEGIAN FISH PUDDING

**2 lb. haddock**
**2 tsp. salt**
**½ tsp. pepper**
**¼ tsp. nutmeg**
**2 eggs**
**¼ tsp. mace**
**2 Tbsp. flour**
**½ c. butter**
**½ c. cream**

Grind fish 5 times through food chopper. Stir in seasoning and flour. Beat in eggs one at a time, then the softened butter. Add cream gradually, beating until light. Turn into greased mold and place mold in pan of water while baking in moderate oven, about 1 hour. Slice and serve with white sauce. They are good as cakes and fried in butter.

May be mixed with an electric beater.

*Emilie Olsen*

## SCANDINAVIAN BASIC FISH STOCK FOR POACHING

**2 qt. water**
**½ c. vinegar**
**1 stalk celery**
**3 large sprigs parsley**
**12 peppercorns**
**1 small onion, quartered**
**1 tsp. salt**

Combine all ingredients and simmer, uncovered, for 15 minutes. Strain liquid several times so that it is clear. Wrap fish in cheesecloth, leaving long ends that will serve as handles. Lower fish into stock (which is just simmering) for about 7 to 8 minutes to a pound.

*Committee*

## NORWEGIAN SAUERKRAUT SURKAAL

**2 lb. cabbage**
**2 tsp. salt**
**2 Tbsp. brown sugar**
**1 Tbsp. caraway**
**3 Tbsp. vinegar**
**1 Tbsp. brown sugar**

Cook thin sliced cabbage slowly for about 2 hours, barely covered with water, the caraway, salt, and 2 tablespoons brown sugar. After cooking, add vinegar and 1 tablespoon brown sugar. Very good with pork.

*Claudia Holms*

## FAAREKAAL - LAMB AND CABBAGE

**2 lb. lamb, cubed**
**4 Tbsp. butter**
**1 medium cabbage head**
**¼ tsp. whole black peppercorns**
**1 tsp. salt**
**¾ c. sour cream**

Braise meat in butter. Add seasonings and about 2 cups water. Cover and simmer until nearly done. Add cabbage (cut into eighths). Cook, uncovered, for 20 minutes. Add sour cream and heat (do not boil).

*Dorothy Tomter*

## GLOGG

**6 c. water**
**2 c. sugar**
**1 (12 oz.) pitted prunes, quartered**
**1 c. raisinss**
**1 c. blanched whole almonds**
**½ gal. dry red wine such as burgundy**
**1 bottle (fifth) Port**
**2 c. vodka**

Spice bag:

**2 tsp. whole cloves**
**4 sticks cinnamon**
**4 whole crushed cardamon seeds**
**Peel of 2 oranges**

Tie all spices in a piece of cheesecloth.

Bring sugar and water to a boil. Drop in spice bag and boil for 10 minutes. Add prunes and raisins; simmer for about 20 minutes. Add remaining ingredients and heat, but do not boil. Cool. Cover and refrigerate overnight. To serve, remove spice bag and heat. Serve hot. Makes 48 servings.

*Nancy Bernson*

# Notes

# Notes

# INDEX OF RECIPES

## SOUPS, SALADS, VEGETABLES


APRICOT AND CHEESE SALAD ..... 7
BEAN SALAD ..... 3
CABBAGE SALAD ..... 1
CAULIFLOWER CASSEROLE ..... 12
CAULIFLOWER SALAD ..... 2
CHERRY SALAD SUPREME ..... 6
CHICKEN SALAD ..... 3
COMPANY SCALLOPED POTATOES ..... 10
CORNED BEEF SALAD ..... 6
CRANBERRY CREAM SALAD ..... 6
CRANBERRY SALAD ..... 6
CRANBERRY SALAD ..... 3
CREAM CORN PUDDING ..... 9
FREEZER COLE SLAW ..... 1
FRESH CRANBERRY SALAD ..... 4
FROZEN WALDORF ..... 5
FRUIT SALAD ..... 4
GURLI'S CASSEROLE ..... 11
HOT CHICKEN SALAD ..... 3
JELLO SALAD ..... 7
JELLO VEGETABLE SALAD ..... 7
LEMON JELLO SALAD ..... 8
LIME SALAD ..... 7
MACARONI SALAD ..... 4
MARINATED BROCCOLI AND MUSHROOMS ..... 2
MOLDED PEACH SALAD ..... 9
MOLDED SALAD ..... 8
MOLDED VEGETABLE SALAD ..... 8
ONION PIE ..... 10
PARTY POTATO CASSEROLE ..... 9
PEAS AND ONION CASSEROLE ..... 11
PITTSBURGH POTATOES ..... 10
PRONTO GERMAN POTATO SALAD ..... 2
REFRIGERATOR SLAW ..... 1
SAUERKRAUT BALLS ..... 12
SCALLOPED CORN ..... 9
SEVEN LAYER SALAD ..... 4
SEVEN-UP SALAD ..... 8
SPINACH SALAD AND DRESSING ..... 5
SPINACH SQUARES ..... 11
TACO SALAD ..... 5
VEGETABLE COPPER PENNIES ..... 11
VEGETABLE MARINATE ..... 2
WEDDING POTATOES ..... 10


## MAIN DISHES


BEEF BURGUNDY ..... 19
BEST EVER MEATLOAF ..... 18
BREAKFAST CASSEROLE ..... 21
CABBAGE ROLLS ..... 19
CHICKEN A LA KING ..... 16
CHICKEN AND BROCCOLI ..... 15
CHICKEN CANTON CASSEROLE ..... 14
CHICKEN CASHEW ..... 14
CHICKEN CASSEROLE ..... 15
CHICKEN CASSEROLE WITH NOODLES ..... 15
CHICKEN ROLLS ..... 17
CHICKEN/TURKEY CASSEROLE ..... 18
CHUCK WAGON BEANS ..... 13
CONNECTICUT BEEF SUPPER ..... 16
CORNED BEEF ON A BUN ..... 17
HAM BALLS ..... 20
HAMBURGER STROGANOFF ..... 17
LASAGNA ..... 19
LONG BOY CHEESEBURGERS ..... 13
MOCK HAM LOAF ..... 18
MOCK LOBSTER ..... 17
NUTTY NOODLE CASSEROLE ..... 20
PINEAPPLE HAM LOAF ..... 20
SALMON LOAF ..... 19
SCALLOPED CHICKEN ..... 13
SPINACH CHEESE CASSEROLE ..... 14
SWEET AND SOUR MEAT BALLS ..... 21
TURKEY HOT DISH ..... 13
ZUCCHINI BEEF CASSEROLE ..... 16


## BREADS, ROLLS, PASTRIES


APPLE CHEESE WALNUT BREAD ..... 26
BANANA BREAD ..... 26
CARROT BREAD ..... 23
CHOCOLATE SILK PIE ..... 29
COFFEE CAKE SUPREME ..... 25
FRESH STRAWBERRY PIE ..... 28
FUDGE PIE ..... 28
GRANDMA SWANSON'S RHUBARB PIE ..... 28
HOT CROSS BUNS ..... 24
IMPOSSIBLE COCONUT PIE ..... 29
JEWISH COFFEE CAKE ..... 23
NANTUCKET PIE ..... 29
OATMEAL PIE ..... 29
PECAN PIE ..... 28
PIE CRUST ..... 30
POLISH APPLE COFFEE CAKE ..... 27
RAISIN BREAD ..... 26
RHUBARB CREAM PIE ..... 27
SOUR CREAM RHUBARB PIE ..... 27
ST. TIMOTHY'S COFFEE CAKE ..... 24
STICKY QUICKIES ..... 24
STREUSEL FILLED COFFEE CAKE ..... 25
SUNNY SILVER PIE ..... 28
TINY ORANGE MUFFINS ..... 23
ZUCCHINI BREAD ..... 25
ZUCCHINI BREAD ..... 26


## CAKES, COOKIES, DESSERTS


APRICOT SQUARES ..... 38
BANANA CAKE ..... 34
BANANA SPICE CAKE ..... 35
BANANA SPLIT CAKE DESSERT ..... 49
BLUEBERRY BUTTERSCOTCH SQUARES ..... 45
BLUEBERRY DELIGHT ..... 47
BLUEBERRY DESSERT ..... 47
BROILED FROSTING ..... 36
BROWN SUGAR FROSTING ..... 37
BUTTERSCOTCH CAKE ..... 33
BUTTERSCOTCH COOKIES ..... 39
BUTTERSCOTCH THINS ..... 40
CARAMEL PECAN BARS ..... 40
CHERRY TORTE ..... 48
CHOCOLATE CHERRY CAKE ..... 32
CHOCOLATE CHIP BARS ..... 39
CHOCOLATE CHIP OATMEAL COOKIES OR BROWNIES ..... 40
CHOCOLATE ECLAIR DESSERT ..... 45
CHOCOLATE FROSTING ..... 37
CHRISTMAS COOKIES ..... 40

CHRISTMAS STARS ..... 44
CREAMY RICE PUDDING ..... 48
CRISP SUGAR COOKIES..... 43
CRISP WHITE COOKIES ..... 37
DANISH AEBLESKIVER ..... 46
DOUGLASS HONEY CAKE ..... 36
FILLED COOKIES ..... 38
FRENCH CUPCAKES ..... 49
GOOEY BUTTER CAKE ..... 31
GURLI'S CUPCAKES ..... 33
HOLIDAY COOKIES..... 37
ITALIAN CREAM CAKE..... 35
LEMON BARS ..... 41
LEMON CAKE ..... 31
LEMON CHEESE CAKE..... 31
LEMON CREAM DELIGHT..... 48
MINCEMEAT COOKIES..... 41
MOLASSES COOKIES ..... 41
MONSTER COOKIES ..... 42
NUTTY CRUNCH BARS..... 42
OATMEAL COOKIES ..... 43
OATMEAL COOKIES ..... 39
ORANGE FLUFF ..... 47
ORIGINAL NESTLE TOLL HOUSE COOKIES..... 43
ORPHAN CHRISTMAS COOKIES ..... 37
PEACH KUCHEN..... 49
PEANUT BLOSSOMS ..... 44
PEANUT BUTTER CAKE ..... 31
PEANUT BUTTER CRINKLES ..... 38
PECHES CARDINEL..... 46
PINEAPPLE COOKIES ..... 38
PUMPKIN PIE DESSERT SQUARES ..... 46
RAISIN BREAD PUDDING ..... 49
RANGER COOKIES..... 44
RHUBARB CAKE..... 34
RHUBARB CRUMBLE..... 45
RHUBARB CRUNCH..... 45
RICE KRISPIES BARS ..... 43
SCOTCH COOKIES..... 42
SHERRY POPPY SEED CAKE ..... 32
SHORTBREAD..... 42
SWEET FRUITCAKE..... 34
TEXAS SHEET CAKE..... 33
TURTLE CAKE..... 32
WATERGATE CAKE..... 35
WHITE FROSTING ..... 36

## BEVERAGES, MICROWAVE, MISCELLANEOUS

BERLINER - KRANSER ..... 53
CARAMEL CORN..... 51
DANISH PASTRY..... 58
FAAREKAAL - LAMB AND CABBAGE ..... 59
FANTASY FUDGE ..... 52
FATTIGMAN ..... 55
FATTIGSMAN ..... 55
FRUIT SOUP ..... 52
FUDGE ..... 52
GELATIN DIVINITY ..... 51
GLOGG..... 60
JULE - KAGE..... 56
JULE KAKKA ..... 57
KRANSEKAKE ..... 56
KRINGA..... 54
KRUMKAKE ..... 55
LABSKAUS (NORTHERN NORWAY)..... 58
LABSKAUS - NORWEGIAN STEW ..... 58
LEFSE..... 53
NORWEGIAN FISH PUDDING..... 59
NORWEGIAN PIZZA ..... 58
NORWEGIAN SAUERKRAUT SURKAAL ..... 59
OVEN CARAMEL CORN..... 52
OYSTER CRACKER SNACK ..... 51
PARISERWAFIER - CREAM WAFER..... 54
PEANUT BRITTLE..... 51
ROMMEGROT ..... 53
ROSETTES..... 55
SANDBAKKELSE..... 54
SCANDINAVIAN BASIC FISH STOCK FOR POACHING ..... 59
SPRITS (SWEDISH)..... 53
SPRITZ (AMERICAN)..... 54
SWEDISH ICEBOX COOKIES ..... 56
WATERMELON ICE ..... 52
YULE KAKA - NORWEGIAN CHRISTMAS BREAD..... 57

# KITCHEN HINTS

If you've over-salted soup or vegetables, add cut raw potatoes and discard once they have cooked and absorbed the salt.

A teaspoon each of cider vinegar and sugar added to salty soup or vegetables will also remedy the situation.

If you've over-sweetened a dish, add salt.

A teaspoon of cider vinegar will take care of too-sweet vegetable or main dishes.

Pale gravy may be browned by adding a bit of instant coffee straight from the jar . . . no bitter taste, either.

If you will brown the flour well before adding to the liquid when making gravy, you will avoid pale or lumpy gravy.

A different way of browning flour is to put it in a custard cup placed beside meat in the oven. Once the meat is done, the flour will be nice and brown.

Thin gravy can be thickened by adding a mixture of flour or cornstarch and water, which has been mixed to a smooth paste, added gradually, stirring constantly, while bringing to a boil.

Lumpless gravy can be your triumph if you add a pinch of salt to the flour before mixing it with water.

A small amount of baking soda added to gravy will eliminate excess grease.

Drop a lettuce leaf into a pot of homemade soup to absorb excess grease from the top.

If time allows, the best method of removing fat is refrigeration until the fat hardens. If you put a piece of waxed paper over the top of the soup, etc. it can be peeled right off, along with the hardened fat.

Ice cubes will also eliminate the fat from soup and stew. Just drop a few into the pot and stir; the fat will cling to the cubes; discard the cubes before they melt. Or, wrap ice cubes in paper towel or cheesecloth and skim over the top.

If fresh vegetables are wilted or blemished, pick off the brown edges, sprinkle with cool water, wrap in paper towel and refrigerate for an hour or so.

Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.

Lettuce and celery keep longer if you store them in paper bags instead of cellophane.

To remove the core from a head of lettuce, hit the core end once against the counter sharply. The core will loosen and pull out easily.

Cream will whip faster and better if you'll first chill the cream, bowl, and beaters well.

Soupy whipped cream can be saved by adding an egg white, then chilling thoroughly. Rebeat for a fluffy surprise!

A few drops of lemon juice added to whipping cream helps it whip faster and better.

Cream whipped ahead of time will not separate if you add ¼ teaspoon unflavored gelatin per cup of cream.

A dampened and folded dish towel placed under the bowl in which you are whipping cream will keep the bowl from dancing all over the counter top.

Brown sugar won't harden if an apple slice is placed in the container.

But if your brown sugar is already brick-hard, put your cheese-grater to work and grate the amount you need.

# KITCHEN HINTS

A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.

Potatoes will bake in a hurry if they are boiled in salted water for 10 minutes before popping into a very hot oven.

A leftover baked potato can be rebaked if you dip it in water and bake in a 350° oven for about 20 minutes.

A thin slice cut from each end of the potato will speed up baking time as well.

You'll shed less tears if you'll cut the root end off of the onion last.

No more tears when peeling onions if you place them in the deep freeze for four or five minutes first.

Scalding tomatoes, peaches, or pears in boiling water before peeling makes it easier on you and the fruit — skins slip right off.

Ripen green fruits by placing in a perforated plastic bag. The holes allow air movement, yet retain the odorless gas which fruits produce to promote ripening.

To hasten the ripening of garden tomatoes or avocados, put them in a brown paper bag, close the bag and leave at room temperature for a few days.

When pan frying always heat the pan before adding the butter or oil.

A little salt sprinkled into the frying pan will prevent spattering.

Meat loaf will not stick if you place a slice of bacon on the bottom of the pan.

Vinegar brought to a boil in a new frying pan will prevent foods from sticking.

Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.

No sticking to the pan when you're scalding milk if you'll first rinse the pan in cold water.

Add a cup of water to the bottom portion of the broiling pan before sliding into the oven, to absorb smoke and grease.

A few teaspoons of sugar and cinnamon slowly burned on top of the stove will hide unpleasant cooking odors and make your family think you've been baking all day!

A lump of butter or a few teaspoons of cooking oil added to water when boiling rice, noodles, or spaghetti will prevent boiling over.

Rubbing the inside of the cooking vessel with vegetable oil will also prevent noodles, spaghetti, and similar starches from boiling over.

A few drops of lemon juice added to simmering rice will keep the grains separate.

Grating a stick of butter softens it quickly.

Soften butter for spreading by inverting a small heated pan over the butter dish for a while.

A dip of the spoon or cup into hot water before measuring shortening or butter will cause the fat to slip out easily without sticking to the spoon.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

Catsup will flow out of the bottle evenly if you will first insert a drinking straw, push it to the bottom of the bottle, and remove.

If you wet the dish on which the gelatin is to be unmolded, it can be moved around until centered.

# KITCHEN HINTS

A dampened paper towel or terry cloth brushed downward on a cob of corn will remove every strand of corn silk.

An easy way to remove the kernels of sweet corn from the cob is to use a shoe horn. It's built just right for shearing off those kernels in a jiffy.

To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh; if it rises to the surface, throw it away.

Fresh eggs' shells are rough and chalky; old eggs are smooth and shiny.

To determine whether an egg is hard-boiled, spin it. If it spins, it is hard-boiled; if it wobbles and will not spin it is raw.

Egg whites won't run while boiling or poaching if you'll add a little vinegar to the water.

Eggs will beat up fluffier if they are allowed to come to cool room temperature before beating.

For baking, it's best to use medium to large eggs; extra large eggs may cause cakes to fall when cooled.

Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water first.

For fluffier omelets, add a pinch of cornstarch before beating.

For a never fail, never weep meringue, add a teaspoon of cornstarch to the sugar before beating it into the egg whites.

Once your meringue is baked, cut it cleanly, using a knife coated with butter.

A meringue pie may be covered with waxed paper or plastic wrap with no fear of sticking, if you'll first grease the paper with oleo.

No "curly" bacon for breakfast when you dip it into cold water before frying.

Keep bacon slices from sticking together; roll the package into a tube shape and secure with rubber bands.

A quick way to separate frozen bacon: heat a spatula over a burner, slide it under each slice to separate it from the others.

Cheese won't harden if you'll butter the exposed edges before storing.

A cloth dampened with vinegar and wrapped around cheese will also prevent drying out.

Thaw fish in milk. The milk draws out the frozen taste and provides a fresh-caught flavor.

When browning any piece of meat, the job will be done more quickly and effectively if the meat is very dry and the fat is very hot.

You'll get more juice from a lemon if you'll first warm it slightly in the oven.

Popcorn will stay fresh and you will eliminate "old maids" if you store it in the freezer.

Running ice cold water over the kernels before popping will also eliminate "old maids".

After flouring chicken, chill for one hour. The coating adheres better during frying.

Empty salt cartons with spouts make dandy containers for bread crumbs. A funnel is used for getting the crumbs into the carton.

A sack of lumpy sugar won't be if you place it in the refrigerator for 24 hours.

## CLEANUPS

Fill blender part way with hot water; add a drop of detergent; cover and turn it on for a few seconds. Rinse and drain dry.

Loosen grime from can openers by brushing with an old toothbrush. To clean blades, run a paper towel through the cutting process.

Don't panic if you accidentally scorch the inside of your favorite saucepan. Just fill the pan halfway with water and add ¼ cup baking soda. Boil awhile until the burned portions loosen and float to the top.

A jar lid or a couple of marbles in the bottom half of a double-boiler will rattle when the water gets low and warn you to add more before the pan scorches or burns.

To remove lime deposits from teakettles, fill with equal parts vinegar and water. Bring to a boil and allow to stand overnight.

Before washing fine china and crystal, place a towel in the bottom of the sink to act as a cushion.

To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.

To quickly remove food that is stuck to a casserole dish, fill with boiling water and 2 tablespoons of baking soda or salt.

To clear a sink or basin drain, pour ½ cup of baking soda followed by a cup of vinegar down the drain . . .let the mixture foam, then run hot water.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda followed by a kettle of boiling water.

Silver will gleam after a rubbing with damp baking soda on a soft cloth.

For a fast and simple clean-up of your hand grater, rub salad oil on the grater before using.

A toothbrush works great to clean lemon rind, cheese, onion, etc. out of the grater before washing it.

While baking fruit pies, does the juice runneth over? Shake salt into the spills. They'll burn to a crisp and can be easily scraped up with a spatula.

Grease splatters or other foods that have dried on the stove, burner rings, counter appliances, etc., may be removed by applying dry baking soda to the spots, then rubbing with a damp cloth. Rinse with clear water, dry and enjoy the like-new look.

# CALORIE COUNTER

Almonds:
roasted in oil, salted, 9-10 nuts . . . . . 62
Apple butter, 1 tbsp. . . . . 33
Apple juice, canned or bottled, 1 cup . . . . . 117
Apples:
fresh, with skin, 1 average (2½" diameter) . . . . . 61
dried, cooked, sweetened, ½ cup . . . . . 157
dried, cooked, unsweetened, ½ cup . . . . . 100
Applesauce, canned, sweetened, ½ cup . . . . . 116
Applesauce, canned, unsweetened, ½ cup . . . . . 50
Apricot nectar, canned or bottled, 1 cup . . . . . 143
Apricots:
fresh, 3 average (12 per lb.) . . . . . 55
canned, 4 halves with 2 tbsp. heavy syrup . . . . . 105
canned, water pack, ½ cup with liquid . . . . . 38
Asparagus:
canned, drained, cut spears, ½ cup . . . . . 25
frozen, 6 spears . . . . . 23
Avocados, 3⅛" diameter . . . . . 185

Bacon, fried, drained, 2 medium slices . . . . . 86
Bacon, Canadian, fried, drained, 1 slice . . . . . 58
Bagel, egg or water, 1 medium (3" diameter) . . . . . 165
Bamboo shoots, raw, cuts, ½ cup . . . . . 21
Bananas, 1 average . . . . . 118
Bean sprouts, soy, raw, ½ cup . . . . . 24
Beans, baked, canned:
with pork and tomato sauce, ½ cup . . . . . 156
Beans, green or snap:
fresh, boiled, drained, cuts or French style, ½ cup . . 16
canned, with liquid, ½ cup . . . . . 22
Beans, lima, immature seeds:
boiled, drained, ½ cup . . . . . 95
canned, with liquid, ½ cup . . . . . 88
Beans, pea, navy, or white, dry, cooked, ½ cup . . . . . 112
Beans, red kidney, canned, with liquid, ½ cup . . . . . 115
Beef, choice grade cuts (without bone):
brisket, lean only, braised, 4 oz. . . . . 253
chuck, arm, lean only, pot-roasted, 4 oz. . . . . 219
club steak, lean only, broiled, 4 oz. . . . . 277
flank steak, lean only, pot-roasted, 4 oz. . . . . 222
ground, lean (10% fat), broiled, 4 oz. . . . . 248
porterhouse steak, lean only, broiled, 4 oz. . . . . 254
rib, lean only, roasted, 4 oz. . . . . 273
round steak, lean only, broiled, 4 oz. . . . . 214
rump, lean only, roasted, 4 oz. . . . . 236
short plate, lean only, simmered, 4 oz. . . . . 253
sirloin steak, double-bone, lean only, broiled, 4 oz. . 245
sirloin steak, round-bone, lean only, broiled, 4 oz. . 235
T-bone steak, lean only, broiled, 4 oz. . . . . 253
Beef, corned:
boiled, medium-fat, 4 oz. . . . . 422
canned, lean, 4 oz. . . . . 211
Beef and vegetable stew, canned, 4 oz. . . . . 90
Beets:
boiled, drained, sliced, ½ cup . . . . . 33
Blackberries:
fresh, ½ cup . . . . . 42
canned, juice pack, ½ cup with liquid . . . . . 68
Blueberries:
fresh, ½ cup . . . . . 45
canned, water pack, ½ cup with liquid . . . . . 47
Bologna, all meat, 4 oz. . . . . 315
Boysenberries:
canned, water pack, ½ cup with liquid . . . . . 45
frozen, unsweetened, ½ cup . . . . . 30
Braunschweiger (smoked liverwurst), 4 oz. . . . . 362
Brazil nuts (3 large nuts) . . . . . 90
Bread, commercial:
Boston brown, 1 slice . . . . . 101
cracked wheat, 1 slice, 20 per loaf . . . . . 60
French, 1 slice . . . . . 44
Italian, 1 slice . . . . . 28
pumpernickel, 1 slice . . . . . 79
raisin, 1 slice, 20 per loaf . . . . . 60
rye, light, 1 slice, 20 per loaf . . . . . 56
white, firm-crumb type, 1 slice, 20 per loaf . . . . . 63
whole wheat, firm-crumb type, 1 slice, 20 per loaf . . 56
Bread stuffing, mix, mixed with butter, water, ½ cup . 250
Broccoli:
raw, 1 large spear . . . . . 32
boiled, drained, cut spears, ½ cup . . . . . 20
Brussels sprouts boiled, drained ½ cup . . . . . 28
Butter, 1 Tbsp. . . . . 100
Butter, whipped, 1 tbsp. . . . . 67

Cabbage:
red, raw, chopped or shredded, ½ cup . . . . . 14
white, raw, chopped or shredded, ½ cup . . . . . 11
Cake, mix, prepared as directed on package:
angelfood, without icing, 3½-oz. serving . . . . . 269
coffee cake, 3½-oz. serving . . . . . 322
devil's food, with chocolate icing, 3½-oz. serving . . 369
white, with chocolate icing, 3½-oz. serving . . . . . 351
yellow, with chocolate icing, 3½-oz. serving . . . . . 365
Candies, 1-oz. serving:
almonds, chocolate-covered . . . . . 161
butter mints, after dinner (Kraft) . . . . . 106
butterscotch . . . . . 112
cherries, dark chocolate-covered (Welch's) . . . . . 115
chocolate, milk . . . . . 147
chocolate, semi-sweet . . . . . 144
coconut, chocolate-covered . . . . . 124
fudge, chocolate, with nuts . . . . . 121
gum drops . . . . . 98
jelly beans . . . . . 104
licorice (Switzer) . . . . . 101
Life Savers, all flavors except mint . . . . . 111
Life Savers, mint . . . . . 108
mints, chocolate-covered . . . . . 116
marshmallows (Campfire) . . . . . 100
peanut brittle . . . . . 119
peanut cluster, chocolate-covered (Kraft) . . . . . 151
raisins, chocolate-covered . . . . . 120
toffee, chocolate (Kraft) . . . . . 111
Cantaloupe, fresh, ½ melon, 5" diameter . . . . . 58
Carrots:
raw, 1 average . . . . . 21
boiled, drained, diced, ½ cup . . . . . 23
Catsup, tomato, bottled, 1 tbsp. . . . . 16
Cauliflower:
raw, flowerbuds, sliced, ½ cup . . . . . 12
boiled, drained, flowerbuds, ½ cup . . . . . 14
Celery, raw, 1 outer stalk (8" long) . . . . . 7
Cereals:
All-bran, 1 cup . . . . . 192
bran, 100% (Nabisco), 1 cup . . . . . 150
bran flakes, 40%, 1 cup . . . . . 106
bran flakes with raisins, 1 cup . . . . . 144
corn flakes, 1 cup . . . . . 97
corn flakes, sugar coated, 1 cup . . . . . 154
Cream of Wheat, cooked, 1 cup . . . . . 133
farina, quick-cooking, cooked, 1 cup . . . . . 105
oat flakes, (Post), 1 cup . . . . . 165
oatmeal or rolled oats, cooked, 1 cup . . . . . 132
rice, puffed, 1 cup . . . . . 60
wheat flakes, 1 cup . . . . . 106
wheat, puffed, 1 cup . . . . . 54
wheat, puffed, presweetened, 1 cup . . . . . 132
wheat, shredded, 1 biscuit (2½" x 2" x 1¼") . . . . . 89
Cheese:
American, processed, 1 oz. . . . . 105
blue or Roquefort type, 1 oz. . . . . 104
brick, 1 oz. . . . . 105
cheddar, domestic, 1 oz. . . . . 113
cottage, creamed, small curd, ½ cup . . . . . 112

# CALORIE COUNTER

cream, 1 tbsp. . . . . 52
cream, whipped, 1 tbsp. . . . . 37
Gouda, 1 oz. . . . . 108
Monterey Jack, 1 oz. . . . . 103
Mozzarella, part-skim, 1 oz. . . . . 85
Muenster, 1 oz. . . . . 100
Neufchatel (Borden's), 1 oz. . . . . 73
Old English, processed, 1 oz. . . . . 105
Parmesan, grated, 1 Tbsp. . . . . 23
pimiento, American, processed, 1 oz. . . . . 105
Provolone, 1 oz. . . . . 99
ricotta, moist, 1 oz. . . . . 45
Romano, 1 oz. . . . . 110
Roquefort, 1 oz. . . . . 105
Swiss, domestic, 1 oz. . . . . 104
Cheese food, American, processed, 1 oz. . . . . 92
Cherries:
sweet, fresh, whole, ½ cup . . . . . 41
Cherries, maraschino, bottled, 1 oz. with liquid . . . . . 33
Chestnuts, fresh, 10 average . . . . . 141
Chicken:
broiled, meat only, 4 oz. . . . . 154
roasted, dark meat, 4 oz., no skin . . . . . 204
roasted, light meat, 4 oz., no skin . . . . . 207
Chili, with beans, canned ½ cup . . . . . 170
Chili, without beans, canned, ½ cup . . . . . 255
Coconut:
dried, sweetened, shredded, ½ cup . . . . . 258
Cod (meat only):
broiled, with butter, fillets, 4 oz. . . . . 192
frozen, fish sticks, breaded, 5 sticks, 4 oz. . . . . 276
Coffee, prepared, plain, 1 cup . . . . . 2
Coleslaw, commercial, with mayonnaise, ½ cup . . . . . 87
Cookies, commercial:
brownies, from mix, with nuts and water, 1 oz. . . . . 114
butter thins, 1 piece (2" diameter) . . . . . 23
chocolate chip, 1 piece (2¼" diameter) . . . . . 50
coconut bar, 1 oz. . . . . 140
fig bar, 1 average piece . . . . . 50
gingersnaps, 1 piece (2" diameter) . . . . . 29
graham cracker, plain, 1 piece (5" x 2½") . . . . . 55
ladyfinger, 1 piece . . . . . 40
macaroon, 1 piece (2¾" diameter) . . . . . 91
oatmeal with raisins, 1 piece (2⅝" diameter) . . . . . 59
peanut sandwich, 1 piece (1¾" diameter) . . . . . 58
shortbread, 1 average piece . . . . . 37
vanilla wafer, 1 piece (1¾" diameter) . . . . . 19
Corn:
boiled, drained on cob, 1 ear (5" x 1¾") . . . . . 70
boiled, drained, kernels, ½ cup . . . . . 69
canned, cream style, ½ cup . . . . . 105
Corn chips (Fritos), 1 oz. . . . . 166
Crackers:
bacon-flavor, 1 oz. . . . . 127
butter, round, 1 piece (1⅞" diameter) . . . . . 15
cheese, round, 1 piece (1⅝" diameter) . . . . . 17
Melba toast, white, regular, 1 piece . . . . . 15
Rye-Krisp, 1 piece (1⅞" x 3½") . . . . . 21
saltines, 1 piece . . . . . 12
whole wheat, 1 oz. . . . . 114
Cranberry juice cocktail, canned or bottled, 1 cup . . . 164
Cranberry sauce, canned, strained, ½ cup . . . . . 202
Cream:
half and half, ½ cup . . . . . 162
sour, 1 tbsp. . . . . 26
whipping, light, ½ cup unwhipped . . . . . 358
whipping, heavy, ½ cup, unwhipped . . . . . 419
Cream substitute, non-dairy, dry, 1 tbsp. . . . . 33
Cucumber, with skin, 1 large (8¼" long) . . . . . 45

Dates, domestic, 10 average . . . . . 219
Duck, domestic, roasted, meat only, 4 oz. . . . . 352

Eclair, custard filled, with chocolate icing, 1 average . 239
Eggnog, 8% fat (Borden's), ½ cup . . . . . 171
Eggplant, boiled, drained, diced, ½ cup . . . . . 19
Eggs, chicken:
boiled or poached, 1 large egg . . . . . 82
fried, with 1 tsp. butter, 1 large egg . . . . . 99
scrambled, with 1 tsp. butter, 1 large egg . . . . . 111
Endive, raw, 10 small leaves . . . . . 5
Escarole, raw, 1 large leaf . . . . . 4

Fat, vegetable shortening, 1 tbsp. . . . . 111
Figs:
dried, 1 large fig (2" x 1") . . . . . 57
Fish cakes, fried, frozen, reheated, 4 oz. . . . . 306
Flour:
all-purpose, sifted, 1 cup . . . . . 419
buckwheat, dark, sifted, 1 cup . . . . . 326
cake or pastry, sifted, 1 cup . . . . . 349
rye, dark, unsifted, 1 cup . . . . . 419
wheat, self-rising, sifted, 1 cup . . . . . 405
Frankfurters, all-meat, 1 average (10 per lb.) . . . . . 133
Fruit cocktail, canned, water pack, ½ cup with liquid . . 46
Fruit, mixed, frozen, sweetened, 4 oz. . . . . 125

Gelatin dessert, flavored, prepared with water, ½ cup . 71
Gooseberries, fresh, ½ cup . . . . . 30
Grape drink, canned, 1 cup . . . . . 135
Grape juice, canned or bottled, 1 cup . . . . . 167
Grapes:
fresh (Concord, Delaware, etc.), 10 . . . . . 18
fresh (Thompson seedless, etc.), 10 . . . . . 34
Grapefruit juice:
canned, sweetened, 1 cup . . . . . 133
canned, unsweetened, 1 cup . . . . . 101

Haddock, fried, breaded fillets, 4 oz. . . . . 187
Halibut, fillets, broiled with butter, 4 oz. . . . . 194
Halibut, frozen, steak, 4 oz. . . . . 254
Halibut, smoked, 4 oz. . . . . 254
Ham:
boiled, packaged, 4 oz. (about 4 slices) . . . . . 266
fresh, medium-fat, roasted, 4 oz. . . . . 426
picnic, cured, medium-fat, roasted, 4 oz. . . . . 368
canned, cured, lean only, roasted, 4 oz. . . . . 241
canned, deviled, 4 oz. . . . . 398
Herring:
canned, plain, 4 oz. with liquid . . . . . 236
pickled, Bismark-type, 4 oz. . . . . 253
smoked, hard, 4 oz. . . . . 340
Hickory nuts, shelled, 4 oz. . . . . 763
Honey, strained or extracted, 1 tbsp. . . . . 64
Honeydew melon:
fresh, 1 wedge (2" x 7") . . . . . 49

Ice cream:
hardened, rich, 16% fat, ½ cup . . . . . 165
soft-serve (frozen custard), ½ cup . . . . . 167
Ice cream bar, chocolate coated, 3-oz. bar . . . . . 162
Ice cream cone, sugar 1 cone . . . . . 37
Ice cream cone, waffle, 1 cone . . . . . 19
Ice milk, hardened, 5.1% fat, ½ cup . . . . . 100
Ice milk, soft-serve, 5.1% fat, ½ cup . . . . . 133
Ice milk bar, chocolate coated, 3-oz. bar . . . . . 144

Jams and preserves, all flavors, 1 tbsp. . . . . 54
Jellies, all flavors, 1 tbsp. . . . . 49

Kale:
fresh, leaves only, 4 oz. . . . . 80
fresh, with stems, boiled, drained, ½ cup . . . . . 16
Knockwurst, 1 link (4" x 1⅛" diameter) . . . . . 189
Kumquats, fresh, 1 average . . . . . 12

# CALORIE COUNTER

Lamb, retail cuts:
- chop, loin, lean only, broiled, 2.3 oz. with bone .... 122
- leg, lean and fat, roasted, boneless, 4 oz. ..... 317
- shoulder, lean only, roasted, boneless, 4 oz. ..... 233

Leeks, raw, 3 average ..... 52
Lemon juice:
- fresh, 1 tbsp. ..... 4

Lemonade, frozen, diluted, 1 cup ..... 107
Lemons, fresh, 1 average (2⅛" diameter) ..... 20
Lentils, whole, cooked, 1 cup ..... 212
Lettuce:
- iceberg, 1 leaf (5" x 4½") ..... 3
- romaine, 3 leaves (8" long) ..... 5

Limes, fresh, 1 average (2" diameter) ..... 19
Liverwurst, fresh, 4 oz. ..... 348
Lobster, cooked in shell, whole, 1 lb. ..... 112
Lobster, cooked or canned, meat only, cubed, ½ cup . 69

Macadamia nuts, 6 average nuts ..... 104
Macaroni, boiled, drained, ½ cup ..... 96
Macaroni and cheese, canned, ½ cup ..... 114
Mackerel, fresh or frozen, broiled with butter, 4 oz. .. 268
Mangos, whole, 1 average (1½ per lb.) ..... 152
Margarine, salted or unsalted, 1 tbsp. ..... 102
Marmalade, citrus flavors, 1 tbsp. ..... 51
Milk, chocolate, canned, with skim milk, 1 cup ..... 190
Milk, chocolate, canned, with whole milk, 1 cup ..... 213
Milk, cow's:
- whole, 3.5% fat, 1 cup ..... 159
- buttermilk, cultured, 1 cup ..... 88
- skim, 1 cup ..... 88
- skim, partially, 1 cup ..... 145
- canned, condensed, sweetened, 1 cup ..... 982
- canned, evaporated, unsweetened, 1 cup ..... 345
- dry, whole, 1 tbsp. dry form ..... 35
- dry, nonfat, instant, 1 envelope (3.2 oz.) ..... 327

Milk, malted, beverage, 1 cup ..... 244
Muffin, corn, mix, made with egg, milk, 1.4 oz. muffin 130
Mushrooms, raw, sliced, chopped or diced, ½ cup ... 10
Mushrooms, canned, with liquid, ½ cup ..... 21
Mustard greens, boiled, drained, ½ cup ..... 16

Nectarines, fresh, 1 average (2½" diameter) ..... 88
Noodles, chow-mein, canned, ½ cup ..... 110
Noodles, egg, cooked, ½ cup ..... 100

Oil, cooking or salad:
- corn, safflower, ,sesame or soy, 1 tbsp. ..... 120
- olive or peanut, 1 tbsp. ..... 119

Olives, pickled, canned or bottled:
- green, 10 large (¾" diameter) ..... 45
- ripe, salt-cured, Greek style, 10 extra large ..... 89

Onions, mature:
- raw, 1 average (2½" diameter) ..... 40
- raw, chopped, 1 tbsp. ..... 4

Orange juice:
- fresh, California, Valencia, 1 cup ..... 117
- fresh, Florida, Valencia, 1 cup ..... 112
- canned, sweetened, 1 cup ..... 130
- canned, unsweetened, 1 cup ..... 120
- frozen, concentrate, unsweetened, diluted, 1 cup . 112

Oranges, fresh, 1 average ..... 71

Pancakes, prepared from mix as directed on package:
- plain and buttermilk, 4" diameter cake ..... 61
- buckwheat and other flours, 4" diameter cake ..... 54

Papaya juice, canned, 1 cup ..... 120
Papayas, fresh, whole, 1 papaya (3½" x 5⅛") ..... 119
Peach nectar, canned, 1 cup ..... 120
Peaches:
- fresh, 1 average ..... 38
- canned, in juice, 2 peach halves with 2 tbsp. juice .. 45
- dried, ½ cup ..... 210

Peanut butter, commercial, 1 tbsp. ..... 94
Peanuts:
- roasted, in shell, 10 nuts ..... 105
- roasted, chopped, 1 tbsp. ..... 52

Pear nectar, canned, 1 cup ..... 130
Pears:
- fresh, Bartlett, 1 pear (2½" diameter) ..... 100
- canned, in heavy syrup, 1 pear half and 2 tbsp. syrup 71
- dried, ½ cup ..... 241

Peas, green:
- boiled, drained, ½ cup ..... 57

Peas, split, cooked, ½ cup ..... 115
Pecans:
- shelled, 10 large nuts ..... 62
- chopped, 1 tbsp. ..... 52

Peppers, hot, chili:
- green, raw, seeded, 4 oz. ..... 42
- green, chili sauce, canned, ½ cup ..... 25
- red, chili sauce, canned, ½ cup ..... 26

Peppers, sweet, green:
- raw, fancy grade, 1 pepper (3" diameter) ..... 36

Peppers, sweet, red:
- raw, fancy grade, 1 pepper (3" diameter) ..... 51

Perch, ocean, Atlantic, frozen, breaded, 4 oz. ..... 382
Perch, white, raw, meat only, 4 oz. ..... 134
Pickle relish:
- hamburger (Heinz), 1 tbsp. ..... 17
- sweet, 1 tbsp. ..... 21

Pickles, cucumber:
- dill, 1 large (4" long) ..... 15
- sweet gherkins, 1 small (2½" long) ..... 22

Pies, frozen:
- apple, baked, 3⅛" arc (⅛ of 8" pie) ..... 173
- cherry, baked, 3⅛" arc (⅛ of 8" pie) ..... 211
- coconut custard, baked, 3⅛" arc (⅛ of 8" pie) .... 187

Pimientos, canned, drained, 1 average ..... 10
Pineapple:
- fresh, sliced, 1 slice (3½" diameter x ¾") ..... 44
- canned, heavy syrup, chunks or crushed, ½ cup .. 95
- canned, water pack, tidbits, ½ cup with liquid ..... 48

Pineapple juice, canned, unsweetened, 1 cup ..... 138
Pistachio nuts, chopped, 1 tbsp. ..... 53
Plums:
- damson, fresh, whole, 10 plums (1" diameter) ..... 66
- canned, purple, 3 plums and 2¾ tbsp. liquid ..... 110

Popcorn:
- popped, plain, 1 cup ..... 23
- popped, with oil and salt added, 1 cup ..... 41

Pork:
- Boston butt, lean only, roasted, 4 oz. ..... 279
- chop, lean only, broiled, 4 oz. with bone ..... 308
- loin, lean only, roasted, 4 oz. ..... 288

Potato chips, 10 chips (2" diameter) ..... 114
Potato sticks, ½ cup ..... 95
Potatoes, white:
- baked, in skin, 1 long ..... 145
- boiled, in skin, 1 round ..... 104
- fried, ½ cup ..... 228
- frozen, hash brown, cooked, ½ cup ..... 174
- mashed, with milk and butter, ½ cup ..... 99

Potatoes, sweet:
- baked, in skin, 1 average ..... 161
- boiled, in skin, 1 average ..... 172
- boiled, in skin, mashed, ½ cup ..... 146
- candied, 1 piece (2½" long x 2") ..... 176

Pretzels, commercial varieties:
- rods, 1 pretzel (7½" long) ..... 55
- twisted, 3-ring, 10 pretzels ..... 117

Prune juice, canned or bottled, 1 cup ..... 197
Prunes, dried, medium-size, 1 average ..... 16
Pumpkin, canned, ½ cup ..... 41
Radishes, raw, whole, 10 medium ..... 8
Raisins, seedless (½ cup) ..... 210

# CALORIE COUNTER

Raspberries:
- black, fresh, ½ cup . . . . . 49
- red, fresh, ½ cup . . . . . 35
- canned, black, water pack, 4 oz. with liquid . . . . . 58
- canned, red, water pack, ½ cup with liquid . . . . . 43
- frozen, red, sweetened, ½ cup . . . . . 123

Rhubarb, cooked, sweetened, ½ cup . . . . . 191

Rice, cooked (hot):
- brown, long grain, ½ cup . . . . . 116
- white, long grain, ½ cup . . . . . 112
- white, parboiled, long grain, ½ cup . . . . . 93

Rolls and buns, commercial (ready to serve):
- frankfurther or hamburger, 1.4 oz. roll . . . . . 119
- hard, rectangular, ⅞-oz. roll . . . . . 78
- raisin, 1-oz. roll . . . . . 78
- sweet, 1-oz. roll . . . . . 89
- whole wheat, 1-oz. roll . . . . . 73

Salad dressings, commercial:
- blue cheese, 1 tbsp. . . . . 76
- French, 1 tbsp. . . . . 66
- Italian, 1 tbsp. . . . . 83
- mayonnaise, 1 tbsp. . . . . 101
- Roquefort cheese, 1 tbsp. . . . . 76
- Russian, 1 tbsp. . . . . 74
- Thousand Island, 1 tbsp. . . . . 80

Salami:
- cooked, 1 slice (4" diameter) . . . . . 68
- dry, 1 slice (3⅛" diameter) . . . . . 45

Salmon, smoked, 4 oz. . . . . 200

Sauces:
- barbecue, 1 tbsp. . . . . 17
- soy, 1 tbsp. . . . . 12
- tartar, 1 tbsp. . . . . 74
- tomato, canned (Hunt's), ½ cup . . . . . 35

Sauerkraut, canned, ½ cup with liquid . . . . . 21

Sausages:
- polish, 2.7 oz. sausage (5⅜" long x 1" diameter) . . 231
- pork, cooked, 1 link (4" long x ⅞" diameter) . . . . . 62
- pork, cooked, 1 patty (3⅞" diameter x ¼") . . . . . 129
- pork and beef, chopped, 4 oz. . . . . 383
- Vienna, canned, 1 sausage (2" long) . . . . . 38

Sherbet, orange, ½ cup . . . . . 130

Shrimp:
- fresh, breaded, fried, 4 oz. . . . . 255
- canned, drained, 10 medium shrimp . . . . . 37

Soft drinks:
- cola, 1 cup . . . . . 96
- cream soda, 1 cup . . . . . 105
- fruit flavored (citrus, cherry, grape, etc.), 1 cup . . . . 113
- root beer, 1 cup . . . . . 100
- Seven-Up, 1 cup . . . . . 97

Soup, canned, condensed, diluted with equal part water:
- asparagus, cream of, 1 cup . . . . . 65
- beans with pork, 1 cup . . . . . 168
- beef broth, bouillon or consomme, 1 cup . . . . . 31
- beef noodle, 1 cup . . . . . 67
- celery, cream of, 1 cup . . . . . 86
- chicken consomme, 1 cup . . . . . 22
- chicken, cream of, 1 cup . . . . . 94
- chicken gumbo, 1 cup . . . . . 55
- chicken noodle, 1 cup . . . . . 62
- chicken vegetable, 1 cup . . . . . 76
- chicken with rice, 1 cup . . . . . 48
- clam chowder, Manhattan type, 1 cup . . . . . 81
- minestrone, 1 cup . . . . . 105
- mushroom, cream of, 1 cup . . . . . 134
- onion, 1 cup . . . . . 65
- pea, split, 1 cup . . . . . 145
- tomato, 1 cup . . . . . 88
- vegetable beef, 1 cup . . . . . 78
- vegetarian vegetable, 1 cup . . . . . 78

Spaghetti:
- plain, boiled 8-10 minutes, drained, ½ cup . . . . . 96
- canned, in tomato sauce with cheese, ½ cup . . . . . 95
- canned, with meatballs in tomato sauce, ½ cup . . . 129

Spinach:
- boiled, drained, leaves, ½ cup . . . . . 21

Squash, summer:
- scallop variety, boiled, drained, sliced, ½ cup . . . . . 15
- yellow, boiled, drained, sliced, ½ cup . . . . . 14
- zucchini, boiled, drained, sliced, ½ . . . . . 11

Squash, winter:
- acorn, baked, ½ squash (4" diameter) . . . . . 86
- acorn, boiled, mashed, ½ cup . . . . . 42
- butternut, baked, mashed, ½ cup . . . . . 70
- butternut, boiled, mashed, ½ cup . . . . . 50

Strawberries:
- fresh, whole, ½ cup . . . . . 28
- canned, water pack, ½ cup with liquid . . . . . 27

Sugar, beet or cane:
- brown, ½ cup firm packed . . . . . 411
- brown, 1 tbsp. firm packed . . . . . 52
- granulated, ½ cup . . . . . 385
- granulated, 1 tsp. . . . . 15
- powdered, unsifted, ½ cup . . . . . 231
- powdered, stirred, 1 tbsp. . . . . 31

Sunflower seed kernels, in hull, ½ cup . . . . . 129

Sunflower seed kernels, hulled, ½ cup . . . . . 406

Syrups:
- chocolate, thin-type, 1 tbsp. . . . . 46
- corn, light or dark, 1 tbsp. . . . . 58
- maple, 1 tbsp. . . . . 50
- molasses, blackstrap, 1 tbsp. . . . . 43
- molasses, light, 1 tbsp. . . . . 50
- molasses, medium, 1 tbsp. . . . . 46
- sorghum, 1 tbsp. . . . . 53

Tangerines, fresh, 1 average (2⅜" diameter) . . . . . 39

Tomato juice, canned or bottle, 1 cup . . . . . 46

Tomato juice cocktail, canned or bottled, 1 cup . . . . . 51

Tomato paste, canned, ½ cup . . . . . 108

Tomato puree, canned ½ cup . . . . . 49

Tomatoes, ripe:
- raw, whole, 1 average (about 2⅖" diameter) . . . . . 20
- canned, ½ cup with liquid . . . . . 26

Toppings: dessert:
- butterscotch, 1 tbsp. . . . . 52
- caramel, 1 tbsp. . . . . 72
- chocolate fudge, 1 tbsp. . . . . 62
- pineapple, 1 tbsp. . . . . 56

Tuna, canned:
- in oil, solid pack or chunk style, drained, ½ cup . . . 158
- in water, all styles, with liquid, 4 oz. . . . . 144

Turkey:
- dark meat, roasted, 4 oz. . . . . 230
- light meat, roasted, 4 oz. . . . . 200
- canned, boned, ½ cup . . . . . 207

Turnip greens:
- fresh, boiled in small amount water, drained, ½ cup . 15

Turnips, boiled, drained, cubed, ½ cup . . . . . 18

Vegetable juice cocktail, canned, 1 cup . . . . . 41

Vegetables, mixed, frozen, boiled, drained, ½ cup . . . 58

Waffles, baked from mix:
- made with egg and milk, 1 round (7" diameter) . . . . 206

Walnuts, 10 large nuts . . . . . 322

Watermelon, with rind, 1 wedge (4" x 8") . . . . . 111

Wheat bran, commercially milled, 4 oz. . . . . 242

Wheat germ, toasted, 1 tbsp. . . . . 23

Yogurt, plain:
- partially skim milk, 8-oz. container . . . . . 113
- whole milk, 8-oz. container . . . . . 140

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